

February 6, 1997

Issue No. 24

# ANDOVER TOWNSMAN

Price 75¢

80 Pages



*Inside*

**Healthwise**  
a quarterly guide to hospitals and healthcare

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## High School problem brings out 150 angry parents

By Don Staruk

About 150 parents angered and frustrated by safety problems and delays with the Andover High School construction project told town and school officials this week they'd had enough. They asked officials during a discussion Monday night to consider shutting down the school and having students attend double sessions in the middle schools so students would be safe and so the contractor could finish the High School before September. As it stands now, work is scheduled to continue at least into mid-September.

"Get them out of that building, get the building finished and put them back," one parent pleaded.

"You're asking me to send my child to a construction site," another said.

Dick Neal, schools superintendent, said this week that having double sessions is not a reasonable option for a number of reasons. He talked to the state Department of Education Tuesday and was told the criteria for closing a building are very restrictive, that it had to be an emergency such as a fire or flood, and that it was doubtful the current

(Continued on page 28)

## Two more join school race; both seats now have a contest

### Not all return papers

By Don Staruk

This year's town election is no snoozer.

Three candidates are chasing two three-year seats on the Board of Selectmen, while two others are vying for a one-year seat to finish the term vacated by State Rep. Barry Finegold.

And two newcomers have made four the number of candidates to battle for two slots on the School Committee. Both School Committee seats are being vacated by incumbents who are not seeking re-election. Finally, John Doyle, for the 10th year straight, will once again try to unseat Jim Doherty from the moderator's position.

The town election is Monday, March 24. The last day to submit nomination papers was Tuesday. The last day to register to vote in the election is Tuesday, March 4.

**School Committee race**  
The decisions by the incumbents not to seek re-election to the School Committee set fire to that race. Incumbent Lloyd Willey

(Continued on page 7)

## Townsmen wins four awards

The *Andover Townsman* won four awards at the New England Press Association's awards dinner last Friday night in Boston.

The staff won a second place in the Local Election Coverage category for its stories on the School Committee race last year that featured incumbent Dick Muller and political newcomer Eric Nadworny. "Good continuous pre- and post-election coverage," wrote the judges. "The writers found good human interest issues to cover... went far beyond politics as usual." Those stories were written

by reporters Don Staruk and Neil Fater, and Perry Colmore wrote the editorials related to the election and Jack Grady, assistant editor, designed the graphic that accompanies the articles.

Ms. Colmore, editor of the *Townsman*, won third place in the Special Award category for her columns on breast cancer. "Highly personal, well-written," wrote the judges. "A real triumph of the spirit and an inspiration to the many women in the same boat. Wow!"

(Continued on page 11)

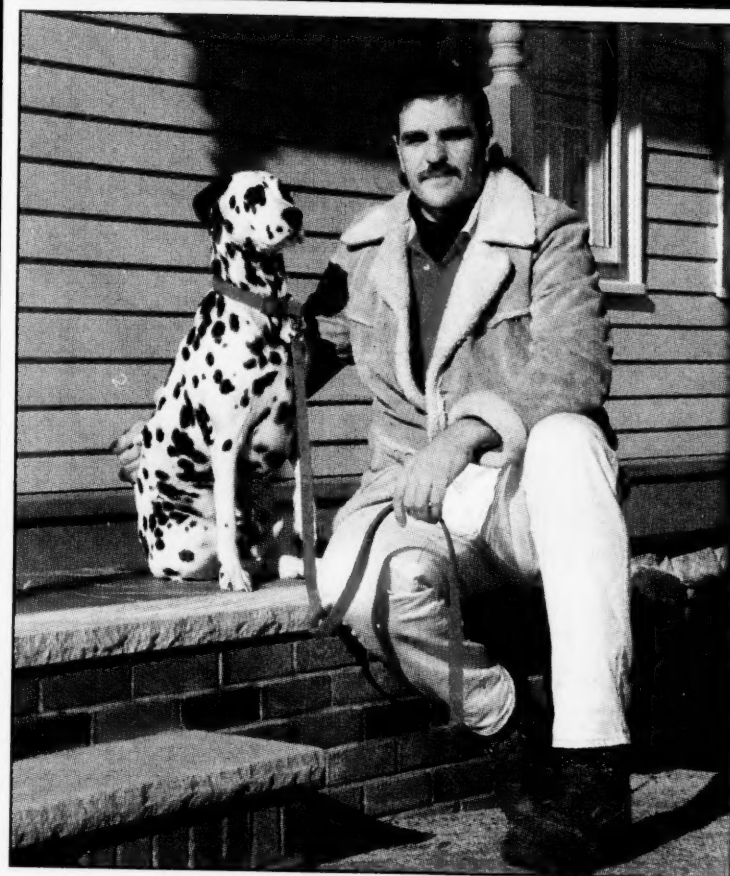


Photo by Lisa Adelsberger

Perry Raffi, with his Dalmation dog, Chief, is lending his height - 6'9" - to a good cause. He has just been selected Mr. Tall Boston by the Boston Beanstalks Tall Club, which raises funds for various charities.

## Andover man named 'Mr. Tall Boston'

Perry Raffi of Andover was recently selected Mr. Tall Boston by the Boston Beanstalks Tall Club, a social group for men 6'2" and over and women 5'10" and taller.

Mr. Raffi will represent the Boston area at the international Tall Club Convention in Tampa, Fla., in July along with newly-selected queen Carolyn Polson of Littleton. In the coming year, Mr. Raffi and Ms. Polson will promote public awareness of the tall club and tall-related issues through interviews and appearances.

At 6'9", 36-year-old Perry Raffi is a man to look up to in more ways than height. He contributes his time, ideas and energy to his community and to the needs of others.

Mr. Raffi grew up in Reading where he was a six-year member of the auxiliary fire service and for the past 11 years has been a professional firefighter based at the Main Street station in Reading. He is active locally with the Shriner's and the Good Samaritan Masonic Lodge.

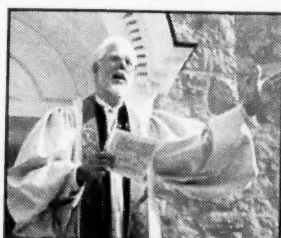
Five years ago, charmed by the historic beauty of the Ballardvale section of Andover, Mr. Raffi bought a 175-year-old house on Center Street, which he has been restoring with love and long hours. Naturally, this firefighter's housemate and good buddy is a Dalmatian named Chief.

Mr. Raffi, an active preservationist, is a charter member of the recently-formed Ballardvale Historic District Commission, which has established guidelines to ensure

(Continued on page 5)

### INSIDE:

- Officials answer public's questions about Andover High building project: page 28.
- Rev. Joe La Du bids Andover farewell: page 4.
- Robert B. McIntyre, Andover High math teacher, head coach, beloved resident, dead at age 72: page 23.
- Charlotte Muller nets her 998th career point in Lady Warrior basketball Tuesday night: page 37.



**What happened Friday at AHS: page 28 / Home delivery: 475-1943**



## NEWS IN BRIEF

### Inter-library network may leave Andover

By Don Staruk

Due to its continued growth, the Merrimack Valley Library Consortium may move its administrative offices out of Memorial Hall Library in the fall, Jim Sutton, library director, said this week.

Members of the MVLC management team will probably vote on the move at their next meeting at the end of this month, according to Mr. Sutton.

The move, which would likely take place in October, should not have any effect on library services, and the group's computers will probably stay at Memorial Hall Library, at least for the time being. The move would open about 2,500-square-feet of space in the technical services area of the library, but Mr. Sutton said he did not know how the newly available space would be used.

In the proposed Fiscal 1998 budget he presented to selectmen last week, Town Manager Buzz Stapczynski cited the loss in consortium revenues as one reason for a proposed nearly 9 percent hike in the library budget.

The MVLC is a group of 28 northern Massachusetts libraries that pool their resources. It was started at Memorial Hall Library in 1981 by Nancy Jacobsen, former library director, and Evelyn Kuo, network administrator and assistant library director. While Memorial Hall library has about 250,000 items, the consortium allows access to more than 2.4 million items in member libraries. Its computers are also tied to a catalog system that allows access to records across the state and worldwide.

"It's going to continue to grow as a network," Mr. Sutton said of the MVLC.

The consortium's budget is about \$651,000, part of which pays for the extra staff needed to keep it running and for the space rental, electricity, insurance and other operational costs.

The staff includes three-fourths of Ms. Kuo's time and salary, four full-time staff and about four part-time staff, said Mr. Sutton. While Ms. Kuo's future is still undecided, the other consortium jobs would go with the consortium.

Consortium employees park in library parking spaces for free, so moving those jobs out of the building would also open up some spaces. Inadequate parking is an issue at the library and Selectman Larry Larsen in particular was peeved recently when he learned that approximately 20 spaces are used free of charge by library employees.

### Police exam still open

The state has extended the filing deadline for applications to take the Civil Service exam to become a police officer. The previous deadline of Jan. 31 has been extended to Feb. 21, according to Andover Police Lt. Phillip Froborg. Applications are available at the police station.

### Democrats meet Monday

The Andover Democratic Town Committee will meet Monday, Feb. 10, at 7:30 p.m. at town offices on Bartlet Street. Plans for future political and social events will be presented. Everyone is welcome.

### Council on Aging seeks volunteers

The Andover Council on Aging needs volunteers. Some of the areas where volunteers work include the Friendly Visitors Program, the Medical Transportation Program, and the decorating committee. Meetings are held at the Senior Center the last Thursday of each month at 10:30 a.m.; call Olivia Scileppi at 623-8326 for details.

### School Committee sets future meetings

The School Committee has announced its next meetings:

**Wednesday, Feb. 12, 7 p.m.** special needs forum, West Middle School cafeteria.

**Tuesday, Feb. 25, 7:30 p.m.**, regular meeting.

**Tuesday, Feb. 27, 8 p.m.**, public forum on the budget.

**Tuesday, March 4, 7 p.m.**, High School strategic planning forum.

**Wednesday, March 5, 7:30 p.m.**, FinCom review of school budget.

**Tuesday, March 11, 7:30 p.m.**, regular meeting.

### Breast cancer support group meets Monday

A breast cancer support group for women with breast cancer and those supporting them meets at Christ Church on Central Street the second Monday of the month. This month's meeting is Monday, Feb. 10, from 7-8:30 p.m. Call Margot Bixby at 475-5094 or Perry Colmore at 475-1943 for further information. Everyone is welcome.

### Disability group meets Feb. 12

Andover Commission on Disability will meet Wednesday, Feb. 12, at 6:15 p.m. in the third floor conference room at Town Offices, 36 Bartlet St. two new members are needed. Call 623-8335 or fax 623-8518.

### AHS students dismissed early Monday

Andover High School students will be dismissed early Monday, Feb. 10, at 1 p.m. Teachers will be discussing "strategic planning."

## Quote, unquote . . .

**'E**very church wants a young viable minister who's about 30 years old, good with old people and spends all of his time with young people.'

*Rev. Joe La Du, who just left West Parish Church after eight and a half years, page 4*

**'T**he youth of Andover have been and continue to be treated unfairly just like the New England Patriots.'

*Noelle Blank, AHS student, in a letter, page 31*

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## Tall man

(Continued from page 1)  
the architectural preservation of exteriors in this area of town.

An enthusiastic outdoorsman, Mr. Raffi enjoys scuba diving, snowmobiling, NASCAR racing and mountain biking. His cross-country biking has included trips around the Great Lakes, a ride from Boston to Miami and twice around New Zealand. He is most proud of his U.S. coast-to-coast bike trip at age 29 during which he raised \$18,000 for the Shriner's Burns Unit and Muscular Dystrophy Association, the favored charity of the fire service.

While attending the Tall Club International convention in the Catskills this past summer, Mr. Raffi learned about Marfan Syndrome, a condition of the connective tissue, one symptom being excessive height. He is now enthused about initiating a fundraising drive for this official charity of Tall Clubs International. Luckily for fast-peddling Mr. Raffi and for those suffering from Marfan Syndrome, there are continents to yet be crossed. Call the Boston Beanstalks Tall Club at (617) HUB-TALL.

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# Rev. Joe La Du bids fond adieu to West Parish

By Neil Fater

Reverend Joe La Du was recently in his office at West Parish Church, packing the last of his belongings when a harsh, January wind rattled the windows. Was the rapping Venice, Fla., calling?

"On a day like today, Florida sounds very appealing," he said.

Today, Rev. La Du is in western Florida, getting to know his new congregation, the Venice United Church of Christ. He presided over his last West Parish service Sunday, Jan. 19.

"It's a new challenge, a new opportunity," Rev. La Du said of Venice. "I have been here (in Andover) for eight and a half years and I am at a time in my life where I have had to seriously evaluate - do I stay here until retirement or do I move on to one more opportunity. Even though retirement is not imminent for me, I am at an age group where I'm not as appealing a candidate (as he was when he was younger).

"Every church wants a young viable minister who's about 30 years old, good with old people and spends all of his time with young people," he said.

Rev. La Du first came to West Parish Church from Michigan in July of 1988. He says people told him West Parish had experienced a leadership crisis and "the church was physically falling apart."

"I'd always wanted to live in New England and this is where the roots of the Congregation Church are and I grew up in the Congregation Church," he said.

"What attracted me to this particular church was that it was a church that had a difficult time and had gotten through it and was poised for new ventures," said Rev. La Du. "I did not at that time know that that meant a \$1 million renovation."

But shortly after he decided to come to Andover, Rev. La Du and the West Parish congregation learned their church building was structurally - and seriously - challenged. In fact, an inspector told them the steeple could come crashing through the roof if something wasn't done soon, said Rev. La Du.

So the steeple came off the building during the fall of 1988 and did not return to the roof

until the spring of 1991. The church was also renovated at that time.

Yet, the success of West Parish's fund-raising campaign and the ensuing construction project are not the results of which Rev. La Du is most proud.

"I'm very pleased with it but that wasn't what I came here to do," he said. "I think what I'm more pleased with was the church was looking for a new lease on life (when he arrived), looking to go ahead, and it has done that."

Rev. La Du said West Parish is now planning an expansion project to handle an influx of Sunday school students.

"We have wall-to-wall kids. They are just pushing out," he said. "That's what I'm really most pleased with, that it's just a very vital, growing church. And that may just reflect what's going on in Andover. We have schools growing all over the place - but be that as it may, it's happening."

"We have people seeking out the church again - this church."

All of which means the church's membership has grown considerably since Rev. La Du arrived in 1988. Back then, the average adult attendance for a service was around 90 adults, and children did not participate at all. They were simply put in Sunday school.

Now, about 140 adults will attend a service and children take part in the first 20 minutes of the service before heading off to their religious classes.

"I always have a message for the children and they come up front and gather around me," explained Rev. La Du.

In part, it was this ability to connect with families and children that made Rev. La Du attractive to the Venice United Church of Christ.

The Venice church has an average attendance of about 240 people, all of whom are adults, said Rev. La Du.

"They wouldn't know a kid if they showed up," he joked. "There are a lot of young families in Andover. Down there you

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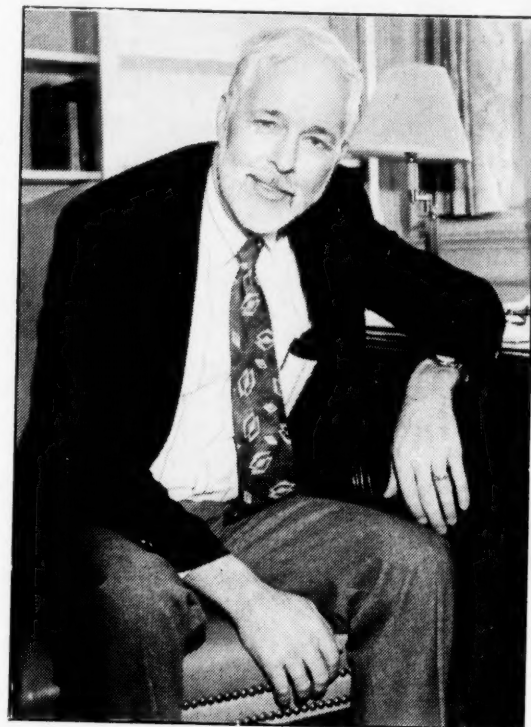


Photo by Lisa Adelsberger

The Rev. Joe La Du recently left Andover's West Parish Church. He arrived here from Michigan in July of 1988.

**ANDOVER TOWNSMAN** Established 1887  
U.S.P.S. (025-440)

Published every Thursday by the Andover Publishing Company  
33 Chestnut St., P.O. Box 1986, Andover, Massachusetts 01810  
Phone: 508-475-1943 • Ad Fax: 508-475-5731 • News Fax: 508-470-2819  
Internet: Townsman@aol.com • AOL: Townsman

Periodical Postage Paid at Andover, Mass. and Additional Mailing Office  
1 Year Subscription Intown - \$37.50 Per Year / 2 Years - \$62.50  
1 Year Subscription Outside Greater Lawrence Area - \$42.50 Per Year / 2 Years - \$72.50  
College Subscriptions \$37.50 College Year

Publisher Irving E. Rogers, III		
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COPY DEADLINE: Advertising copy must be in the TOWNSMAN office by 5 p.m. on Monday.  
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# Several join election races

(Continued from page 1)

announced two weeks ago he would not seek re-election to a second term on the board, and last week Susan T. Dalton, who served five terms, announced she would not run.

Two candidates had already taken out nomination papers to challenge for those seats, and four more took out papers last week. Two of the late joiners then opted not run, leaving four candidates in the race.

The four candidates are:

- Jacqueline Kearns, 43, of 10 Mohawk Road, returned papers by the deadline but could not be reached for comment.

- Philip J. Byers, 47, of 1 Carriage Hill Road, is a lawyer. He and his wife, Karen, have three children: a daughter who graduated from Andover High School and Bates College, a son who is a junior at AHS now, and a daughter at West Middle School. In a letter to the *Townsmen* this week, Mr. Byers outlined his major issues of concern as being completion of the building projects, safety of students during construction and the costs of construction and equipment. He also cited the need for added classroom space; safety on playgrounds; needs of non-level 1 students that are not being met; involvement of adults, seniors and businesses in the schools; and aides in the classrooms to assist teach-

ers. Mr. Byers said last week's *Townsmen* editorial encouraging people to run for office helped him make his decision.

- Timothy McCarron, 37, of Marland Street, a social studies teacher at Greater Lawrence Technical School, took out papers to run last year but withdrew because he didn't want to split the vote with Eric Nadworny. Mr. McCarron and his wife, Lauren, do not have children. He said he wants to see more five-year plans for the schools and less "knee-jerk response" to problems.

- Frank "Skip" Eccles, 71, of Brookfield Road, and his wife, Helen, have four children, the youngest of whom is 37. All four attended Andover public schools until they went to Phillips Academy, although one went to Andover High School. Mr. Eccles is a retired Phillips Academy math teacher, coach and dean of studies. He currently teaches math part time at Merrimack College.

Ms. Kearns and Mr. Byers only took out papers last week. Mr. McCarron and Mr. Eccles had taken out nomination papers last month.


Richard H. Trotta, of 2 Agawam Lane, and Patricia J. Coffill, of 7 Quail Run, took out nomination papers last week but decided not

(Continued on page 10)



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The VISX Excimer Laser System is approved for photorefractive keratectomy to correct mild to moderate nearsightedness (-1.0 to -6.0 D) with astigmatism (≤ 1.0 D). Alternatives to PRK include eyeglasses, contact lenses or radial keratotomy. The VISX approval is based on clinical trials of more than 1600 eyes throughout 3 years of follow-up. Studies using 480 eyes at 6 mm treatment zone with at least 2 years of follow-up found that uncorrected vision was 20/40 or better in 94% of eyes and 20/20 or better in 58% of eyes. In 9% of eyes, best corrected vision with eyeglasses declined more than one line with none worse than 20/40. Transient complications up to several weeks following treatment included pain (24-48 hrs.), foreign body sensation, tearing, photophobia, redness, itching/scratchiness, burning, dryness, headache, blurred vision, corneal swelling and pupil enlargement. The following adverse events occurred in at least 1% of eyes at two years post-treatment: overcorrection > 1 D (1.0%), pre-treatment Best Spectacle Corrected Visual Acuity (BSCVA) of 20/20 or better with post-treatment BSCVA worse than 20/25 (1.3%), double vision (1.3%), sensitivity to bright lights (1.7%), increase in refractive cylinder ≥ 1 D (2.9%), difficulty with night vision (3.1%) and intraocular pressure (IOP) increase of > 5 mm Hg (3.6%). The long term risks of PRK beyond 3 years have not been studied. This laser is not indicated to correct high myopia (nearsightedness > -6.0 D), astigmatism, or farsightedness. Also, it is not indicated to correct nearsightedness of less than -6.0 D if the accompanying astigmatism is > 1.0 D. It is not to be used in procedures other than PRK as described in the approved Operator's Manual.





Back in March 1995, the Rev. Joe La Du played the part of Jesus, fifth from left, in an enactment of the Last Supper. In the photo are, from left, Tim Turbett, Art LaFond, John Person, David McCallum, Rev La Du, Jerry Greer, Steven Vano, Adam Turbett, Greg Litchfield and Jared Greer.

## 'Every church wants a young viable minister'

(Continued from page 4)

just see retired people everywhere."

As a result one of his tasks will be "to see if we could grow that church in younger families," he said.

"We're going to try, but this is Florida. This is where people go before you die, you understand," said Rev. La Du. At the same time, Venice is building a

new elementary school so Rev. La Du knows the families are there.

"It's a growing community and a lot of retirees have discovered it," he said.

He's excited by the challenge and by the opportunity to live in another area of the country.

"I've never lived in the South. I've

never lived in a warm, sunny year-round climate," he said.

Rev. La Du started his religious career in the cold confines of Montana 32 years ago, and then tried Wisconsin, slid around streets of Central Ohio, started a new church in Delaware, experimented with Michigan, and skied the snowy slopes of Mas-

sachusetts.

"It's time to see what it's like to lay on the sunny beaches of Florida," he said. "But I don't leave West Parish Church easily. This has been a real home for me the last several years, so it's not easy. It's difficult. There was a lot of soul-searching with this decision."

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## James P. Greeley

(Continued from page 8)

dents and alumni.

Previously, Mr. Greeley was the director of marketing for Shaheen Brothers, and prior to that a district sales manager for Nabisco Food Service Company.

He has also held a number of positions at Merrimack College: alumni director, assistant director of development, assistant dean of admissions, director of transfer admissions, and director of student activities.

The valedictorian of the Merrimack class of 1971 and recipient of the Merrimack Medal for Outstanding Service to the College also earned a master's degree at Assumption College.

Mr. Greeley is a member of Lazarus House board of trustees, and a member of the Andover Parent-Teachers Organization. He has also been a director of the Citizens League for Adult Special Services, and a member of the Andover Youth Soccer Association.

He and his wife, Nancy, have three children, Krista, Ryan, and Katelyn.

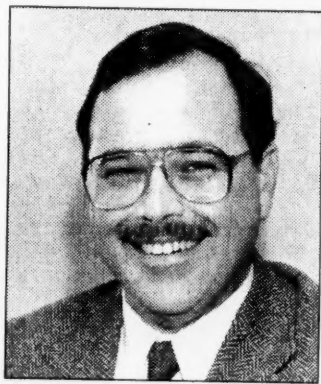
## Thomas P. Hartwell

Mellon Bank Corporation recently announced that Thomas P. Hartwell of Andover was promoted to senior vice president.

Mr. Hartwell, a division manager within the audit and risk review department, has been with Mellon Bank Corporation for six years. His responsibilities include managing all audit activities within Mellon Trust.

Mr. Hartwell received a bachelor of science degree in accounting from Boston College in 1974 and went on to become a CPA. He is a member of the Massachusetts Society of CPAs and American Institute of Certified Public Accountants.

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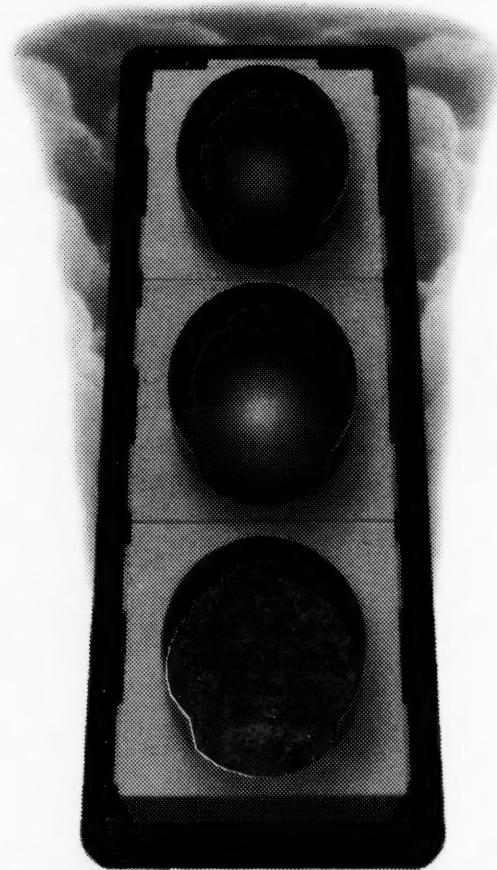
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# BUSINESS

## Joseph Bevilacqua

Joseph Bevilacqua, president of Merrimack Valley Chamber of Commerce, which includes Andover, was elected treasurer of MACCE, Massachusetts Association of Chamber of Commerce Executives, at its annual January meeting in Marlborough.

The statewide association of more than 100 chambers of commerce was established to advance and assist the work of chambers in Massachusetts. "I am honored to be elected treasurer of this statewide chamber professional association, especially as I have been in chamber life less than five years," Mr. Bevilacqua said.

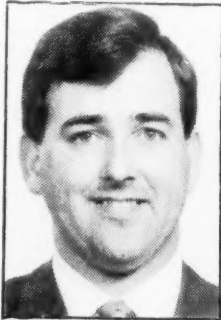
The Merrimack Valley Chamber of Commerce serves 1,000-plus members in Andover, Lawrence, Methuen, North Andover and its growing membership throughout the Merrimack Valley.

President Clinton commended Mr. Bevilacqua in 1996 for the work of the MVCC in fostering economic growth.

## Sean E. Donlan

Feeley & Driscoll, P.C., an 80-person Boston-based regional certified public accounting firm/business consulting firm, announces that Sean E. Donlan has been admitted to the firm as a partner.

Mr. Donlan received a bachelor of science degree in accounting from Northeastern University and a masters of science in taxation and a certificate as a tax specialist from Bentley College. He is a member of the American Institute of Certified Public Accountants and the Massachusetts Society of Certified Public Accountants. Mr. Donlan has more than 10 years experience in public accounting as an auditor and business consultant. He specializes in the manufacturing, distribution, construction and nonprofit industries.



Sean E. Donlan

Mr. Donlan received his certification in Production and Inventory Control Management, a designation given to candidates who pass a set of six tests given by the American Production and Inventory Control Society. He has also presented seminars covering topics that affect the nonprofit industry.

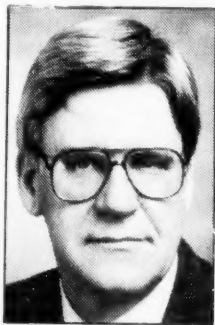
Mr. Donlan lives in Andover with his wife, Edna, and their two sons.

## Thomas E. Fardy

Thomas E. Fardy, CPA, of Andover has recently been elected president of Vesper Country Club in Tyngsboro. An active member of the club for 20 years, Mr. Fardy has served on numerous committees, including the executive committee, three years as treasurer and on the finance committee for four years, two as chairman.

He is a partner in the Certified Public Accounting Firm, Topham, Fardy & Co., 26 Essex St., Andover.

His civic affiliations include being a member of the Andover Finance Committee and executive committee of Northmark Bank and American Red Cross.



Thomas E. Fardy

## James Greeley

James P. Greeley of Andover, a graduate of Merrimack College, has been named the school's director of Career Services and Cooperative Education.

Mr. Greeley will supervise an office that offers comprehensive career development, counseling and job placement for Merrimack College stu-

(Continued on page 9)



James P. Greeley

Townsmen online: [Townsmen@aol.com](mailto:Townsmen@aol.com)

### ANNOUNCEMENT

**MICHAEL E. LOMBARD, ATTORNEY AT LAW**

is pleased to announce that

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Merrimack College, B.A., *cum laude*  
Boston College Law School, J.D.

has become associated with the firm

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## Townsmen wins four awards at newspaper convention

(Continued from page 1)

The *Andover Townsman* won an honorable mention in the General Excellence category, which looks at the overall quality of a newspaper. In a rating system that awards a 5 to best, down to a 1, the judges of the General Excellence category wrote of the *Townsman*: "Quality of writing, 5; editorial page, 4. "Good writing on page one and good features like 'After School.'"

And in the category of Investigative Reporting, Don Staruk took an honorable mention for a story on two people in downtown Andover who account for hundreds of police, fire and ambulance calls a year. The judges wrote, "A story many of us chuckle about in the newsroom, but the cost of these problem calls is an issue. Story should be done and *Townsman* was right to do it. Was sensitive as well as factual."

"We are particularly pleased with the General Excellence award," said Ms. Colmore, "because that is a look at the whole newspaper: stories, headlines, photography, ads, editorials, everything. And this was in a category that means we compete against some large newspapers. I am proud of this award."

Ms. Colmore was a panelist at the convention. She spoke on "Little Stories Mean a Lot."



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# Election news: Several new people join the race

(Continued from page 7)

to run. Mr. Trotta said he took out papers in response to last week's *Townsmen* editorial. He has a background in education and two young children. But the more he thought about it, and when he realized the time involved he decided against it. He is going back to school for his doctorate. But he didn't count out the possibility of a run in the future.

Ms. Coffill said she read in the *Townsmen* that there were only two candidates running and decided to run if only to get a race going. When she learned two or three others has also taken out papers, she decided she would hold off. "I would have found the time if there were only two candidates," she said.

## 3-way race for 1-year selectman seat

John G. Wragg dropped out of the race for a one-year seat on the Board of Selectmen this week. Mr. Wragg, a School Committee member in 1973-'74 and who ran unsuccessfully for School Committee again in 1991, had taken out papers, but failed to turn them back in before Tuesday's deadline. In a report published this week, Mr. Wragg said he believes the two other candidates represent his concerns well and that his running would be counterproductive this year.

That leaves John P. Hess and James E. Fox to battle for the one-year selectman seat.

• Mr. Hess, 48, of 145 Chestnut St., associate director for grants and contracts at Great Brook Valley Health Center in Worcester, served a five-year term on the Andover Housing Authority. He and

his wife, Kathleen, have two sons, Pat, a first-year student at Boston College, and Kevin, a freshman at Andover High. His campaign literature says he should be elected because "my varied volunteer activities during 22 years in town will allow me to build the consensus needed to keep Andover a great place to live and work."

• Mr. Fox, 64, of 50 Walnut Ave., is a securities invest-

ment salesman and was a candidate for state representative last fall, seeking to take the seat vacated by Gary Coon, but he was beaten by Rep. Finegold in a close race. He and his wife, Ruth Ann, have nine children - eight sons and a daughter ranging in age from 25 to 42, and eight of whom graduated from AHS. His youngest son, Jason, is a member of the Andover Housing Authority.

Mr. Fox is a member of the state Investment Advisory Council, having been appointed by Gov. Weld. He says he is running as a fiscal conservative on a platform of offering openness to voters and residents. He said this week that he believes that is not the way things have been in Andover for some time. He said the facts come out too late on many issues. "I hate surprises,

personally," Mr. Fox said.

## Two full-term selectmen slots

Susan Jenkins, Brian Major and incumbent Larry

Larsen are each seeking one of the two three-year terms on the Board of Selectmen. Selectmen chairman James Barenboim is

not seeking re-election.

• Ms. Jenkins, 44, of 15 West Parish Drive, is a former School Committee

(Continued on page 13)



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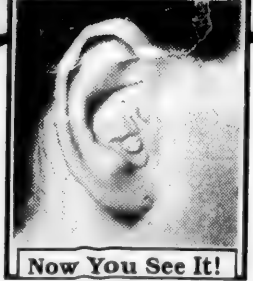
## Peter J. Caruso II

has become associated with the firm  
December, 1996

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# New contestants enter town election race

(Continued from page 10)

member and former president of the Andover/North Andover League of Women Voters and has been involved in a number of other community groups. She and her husband, Roger, have triplet daughters who graduated from Andover High School last year, and a son at West Middle School.

In a recent letter to the *Townsmen*, Ms. Jenkins proposed her opponents agree to a \$3,000 campaign spending cap, and vowed to do the same. "In addition, I believe that it is

important that all the candidates make a pledge to use positive campaign tactics," she wrote, adding that candidates should focus on the issues. Among the issues she cited were continued improvement in the town's infrastructure, comprehensive planning of open space and maintaining a vital downtown.

• Mr. Major, 31, a

senior engineer at Lucent Technologies in North Andover, is an adult member of the Andover Youth Council, chairman of the North Essex Boy Scout District, and a lay eucharistic minister in St. Augustine Church. He and his wife, Margaret, live at 116 Woburn St.

• Dr. Larsen, 60, of Bryan Lane, is a child psychologist with a practice in

town. He is completing his second term on the board. He and his wife, Nancy, have a daughter, Ann, 25, and a son, Peter, 29. Dr. Larsen has pushed for a variety of causes in town, not the least of which are a new senior center and a youth center. He is also a big supporter of sidewalk improvements all over town, and has led an effort to maintain a vital

downtown.  
**Town moderator**

Incumbent Town Moderator James D. Doherty will have what has become an annual face-off against John Doyle for the one-year moderator's seat. This will be their 10th duel. Mr. Doherty, 81, of 9 Juniper Lane, is seeking his 20th year in that position. Mr. Doyle, 72, of 40 Reservation Road, has challenged him

every year since 1988.

## Joe Gleason unchallenged

Joseph Gleason, 34, of 315 Salem St., a lawyer with a practice in North Andover, is up for re-election to the three-year position as the town's representative on the Greater Lawrence Technical School Committee. Mr. Gleason is unchallenged.

## Punchard Free School Trust

The five members of the Punchard Free School Trust are all up for re-election, though their positions are more appointment than election.

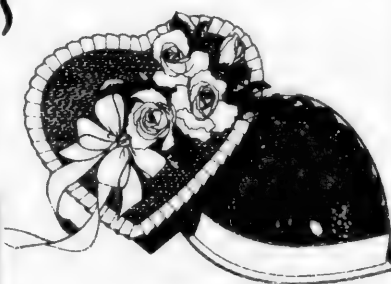
They are recommended by various church organizations. They are Earl G. Efinger, Joan M. Lewis, John R. Petty, Robert A. Finlayson and Donna Ellsworth.

## Letters policy

The *Townsmen* welcomes readers' letters about candidates. Letters should be short — no longer than two typed pages, and shorter is better.

Letters that are obviously part of writing campaigns will not be printed. Letters about candidates will not be printed in the issue of the *Townsmen* just before the election.

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# SENIORS

## Valentine party

The Senior Center will hold a valentine party Monday, Feb. 10. Lunch at 11:30 a.m. will be followed by the Over 60 Four barbershop quartet. Tickets are \$4 at the front desk.

## Creative cooking

The cooking group will meet Wednesday, Feb. 12, at 9:30 a.m. The menu will be Mexican, not hot. Reservations must be made by Monday, Feb. 10.

## Bake sale

Donations of baked goods are needed for a bake sale to be held Friday, Feb. 14. Sign up at the desk if you can help.

## Men's breakfast

Senior men are invited to a cost-free men's breakfast Thursday, Feb. 21, at 8:30 at the center. Entertainment will be included and Jeanne Madden, director of the center, will be the

## FOR LUNCH

**Monday:** Chicken breast, Jell-O.

**Tuesday:** Fried chicken, cake.

**Wednesday:** Shepherd's pie, apple.

**Thursday:** Turkey tenders, sherbet cup.

**Friday:** Baked fish, fruit cup.

For reservation, call 623-8321 before 2 p.m. on the business day before the lunch you plan to attend. The senior center will be closed Monday, Feb. 17. Pork chopet will be served Tuesday, Feb. 18.

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speaker. She would like to know what kind of speakers, classes, programs would interest men. RSVP by Feb. 14.

## Computer classes

If a computer class would be of interest

to you, fill out the computer survey in this month's newsletter and turn it in.

## New seniors

Any senior new to town or those who haven't been to the center is invited to

come by for information on classes.

## Supper club

This month's supper club is at the Best of Thymes, Wednesday, Feb. 26, 5 p.m. Cost is \$12, reservations necessary.

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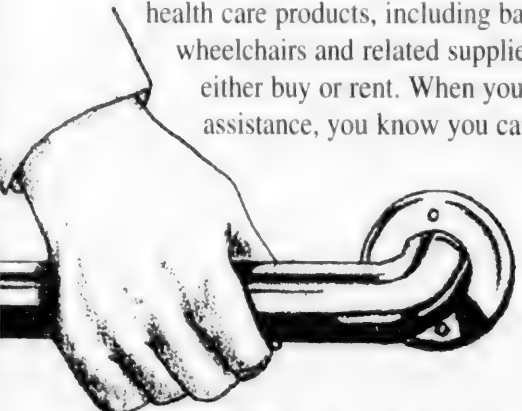
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# ON CAMPUS

(Continued from page 14)

Hartwick College in Oneonta, N.Y., for the 1996 fall term.

Inclusion on the dean's list indicates excellent academic work, including the completion of a full course load with at least a 3.4 grade-point average.

\*\*\*

**Brian LaFranchi**, son of Larry and Christine LaFranchi of Andover, and **Heather Vanderheiden**, daughter of George and Sharon Vanderheiden, also of Andover, earned honors during the fall semester at Skid-

more College in Saratoga Springs, N.Y. Honors are awarded for a grade-point ratio of 3.3 to 3.6.

\*\*\*

Andover students were named to the dean's list at the University of New Hampshire in Durham, N.H., for the fall semester. Highest honors were awarded to **Mary Austin** and **Sarah Hamilton** for earning a semester grade-point average

of 3.7 or better out of a possible 4.0. High honors were awarded to **Jason Dalton**, **Erinne Sullivan** and **Daniel Wrigley** for grade point averages from 3.5 to 3.69. **Melinda Fox**, **Robert Lee**, **Michael O'Sullivan** and **Laurie Picardi** received honors for averages of 3.2 through 3.49.

\*\*\*

**Katie Wepsic**, daughter of Dr. James and Susan Wepsic

of 53 Salem St., has been named to the dean's list at the University of Vermont for the fall 1996 semester. The freshman is in the pre-veterinary medicine program.

\*\*\*

**Vera A. Stupina**, a dual biochemistry/chemistry major at UMass Amherst, has been elected a Junior Fellow in the Life Sciences for her senior year.

(Continued on page 18)

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### WATCH OUT FOR "CAN'T MISS" MUTUAL FUND STRATEGIES

Mutual funds probably get more publicity than any other investment on the market. And small wonder - there are more than 8,000 funds to choose from. In fact, when most people are talking about their investments, they're probably talking about mutual funds.

So it shouldn't be too surprising that a lot of "hot tips" and half-truths have sprung up around mutual funds.

Here are a few of the most common pieces of questionable "tips" - and some suggestions for dealing with them.

**You can't diversify too much** - Diversification is a major component of investment success. When you diversify your holdings, you spread out risk by putting your assets in several investment categories - stocks, bonds, money market instruments, etc. Because mutual funds are made up of many different individual investments, they are, by their nature, already diversified.

So, the more mutual funds you own, the better off you'll be, right? Wrong. There are several good reasons for limiting the number of funds you own:

• **Duplication** - Mutual fund managers have a finite amount of stocks and bonds from which to build their funds. Thus, many growth funds will own the same stocks, bond funds will own the same types of bonds, and money-market funds will own the same types of short-term securities. As a result, you may not see much difference in your holdings if you own several funds from the same category.

• **Excessive paperwork** - The more funds you own, the more taxable transactions you'll have to track. That means you'll have a lot of forms to deal with at tax time.

• **Difficulty in tracking** - To invest intelligently, you really need to know why you own a particular investment, how it's performing and what its outlook is. The more mutual funds you own, the more difficult it is to keep track of them.

Is there an "ideal" number of mutual funds to have? Some financial experts recommend that you own no more than six to 10 funds. And the less money you have to invest, the fewer funds you should own. If you're a very small investor, you might even consider owning just one fund, such as an "index" fund whose portfolio matches that of a broad-based index like the Standard & Poor's 500. With an index fund, you might not make any big killings, market as a whole - and that can be a pretty good deal for you in the long run, because stocks historically have trended up.

**"Follow the hot funds"** - Too many people, when investing, ignore the "buy low and sell high" strategy. Instead, they jump on the bandwagon and chase the "hot" funds now garnering big headlines in financial publications.

However, one good year doesn't mean that another one will follow. To get a good sense of how a mutual fund has performed, you need to look back at least five or ten years. Even then, a fund's strong long-term track record is not a guarantee of future results. You still need to pay close attention to what's happening with the fund today. Does it have a new portfolio manager? Has its investment objective changed? You must take all these factors - long-term performance, current management, investment objective - into account when making your fund choices.

**Invest for tomorrow - not today.** Mutual funds are a long-term investment. When chosen properly, they can help you achieve many of your financial goals - education for your children, a comfortable retirement, whatever you want.

For more information on these and other financial strategies, pick up a copy of my newsletter at either of the excellent Perfecto's Cafe locations in Andover & North Andover, or give me a call at (508) 474-4497 or (617) 242-0700 x228 to schedule a complimentary consultation.



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# ON CAMPUS

**Karlene Anderson** of Andover, a senior majoring in music, has been named to the fall 1996 dean's list for academic achievement at the University of Rochester in Rochester, N.Y.

Ms. Anderson is a graduate of Andover High School.

**Gregory J. Arserio**, son of Mr. and Mrs. John Arserio of 7 Sheffield Circle, was named a Presidential Scholar at Clarkson University in Potsdam, N.Y., for the 1996 fall semester. Presidential Scholars must achieve a minimum 3.80 grade-point average and carry at least 14 credit hours. The senior is majoring in mechanical engineering.

**Jennifer K. Thomson**, daughter of John and Pat Thomson of 13 Lowell Junction Road, has been named to the dean's list at Assumption College in Worcester for the fall 1996 semester. The accounting major is a member of the class of 1998.

Andover residents **Lindsay A. Hollinger** and **Ardith L. Laroche** were named to the dean's list at Bradford College in the Bradford section of Haverhill.

**Rory Cullinan**, a first-year student at Wake Forest University in Winston Salem, N.C., has been named to the dean's list for the fall semester.

The 1996 graduate of Andover High School is the daughter of Joe and Kathy Cullinan.

Three students from Andover have been named to the dean's list at the University of Delaware in Newark, Del., for the 1996 fall semester.

They are: **Tadg Corkery** of 14 Cuba St., and **Eric Fox** of 7 West Knoll Road, political science majors in the College of Arts and Sciences; and **Erin Rogacki** of 68 Carmel Road, a plant and soil sciences major in the College of Agricultural Sciences.

**Lisa Perdigao**, a senior at Boston College, has been named to the dean's list for the 1996 fall semester.



**Lisa Perdigao**

Ms. Perdigao, with a double major in English and philosophy, is in the honors program of the College of Arts and Sciences and a member of the Golden Key National Honor Society.

**Malissa J. Guilmette**,

daughter of Richard and Anne Guilmette of 99 North St., has been named to the dean's list honors at Nichols College in Dudley. This is the second time she has made the dean's list. The first-year accounting major is a graduate of Greater Lawrence Technical School.

**Charles M. Jessico** of 67 Whittier St. has been named to the dean's list at UMass Lowell for the fall term with a 3.0 grade-point average.

The senior is majoring in criminology.

**Scott C. Kimball**, son of Walter and Pamela Kimball of Andover, graduated magna cum laude from UMass Lowell June 2 with a bachelor of science degree in criminal justice and a minor in psychology.

The former staff sergeant in the U.S. Marine Corps last served as detachment commander of the Marine Security Guard Detachment at the American Embassy in Warsaw, Poland.

Mr. Kimball graduated May 31 from the Criminal Investigator School and United States Marshals Service Basic Training Academy at the Federal Law Enforcement Training Center in Glynco, Ga. He is presently assigned to the Eastern District of Texas as a



**Regina M. DeFreitas**



**Denis M. Gray**

Deputy U.S. Marshal.

Forty-five graduates of the Northern Essex Community College Evening Registered Nursing Program received their pins during a recent ceremony at the college. The graduating nurses include **Regina M. DeFreitas** and **Denis M. Gray**, both of Andover.

**Melissa Mahon** of Andover was named to the dean's list at Point Park College in Pittsburgh, Pa., for the 1996 fall semester.

**Stephen Marchlik**, son of Mr. and Mrs. Michael D. Marchlik Sr. of 29 Rutgers Road, was selected President's Fellow in Mathematics at Trinity College in Hartford, Conn. The mathematics major is a member of the class of 1997. He is a graduate of Andover High School.

The following Andover students at Northeastern University have been named to the dean's list for the fall quarter:

College of Business Administration: **Kevin C. Costello** of 19 Stratford Road, **Rudolph J. Morando** of 55 Prospect Road and **Pulin H. Patel** of 11 Pole Hill Drive.

College of Arts and Sciences: **Seth A. Derocher** of 10 Penni Lane and **Kili J. Hood** of 45 Juniper Road.

Students must carry a full program, have a quality-point average of 3.25 or greater out of a possible 4.0 and no grade lower than a C to achieve the dean's list.


The following students from Andover have been named to the fall 1996 dean's list at Salem State College: **Pamela J. Bedford**, **Cathleen A. Calnan**, **Donna M. DaSilva**, **Christopher D. Kiberd**, **Nicole M. Mercier**. A student must carry a minimum of 12 credits per semester and maintain a GPA of 3.0 to make the dean's list.

**Amanda B. Schaaake**, daughter of Glenda and Paul Schaaake of Andover, has been named to the dean's list at

(Continued on page 15)



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## Andover in 50 years

(Continued from page 16)

for houses, no room for schools, parks, or anything else in the town. Andover will have grown more in a hundred years' time from now, and if land is now used up, what will the children of those years have to value? Careful consideration should be put into use before any kind of problem or difficulty even begins to grow. We should also be careful with our neighborhood plans, and use the land as well as possible.

We also need to consider carefully the purchase of conservation land. If we purchase too much, it may very well ruin lives as to how much money we have to spend, which influences every single thing we do. We also need to obey AVIS regulations strictly, like the bicycling rule, and not build on the more delicate parts of our environment. The delicate parts of Andover would be like wetlands or swamps. They should be avoided, even if it they are unprotected because for one thing, they are not good for land development. The other reason we should not ruin these lands is because we should be considerate of the environment itself. Fifty years is a lot of time to change and progress, and most of all, to learn and make wiser decisions, creating a town worth living in.

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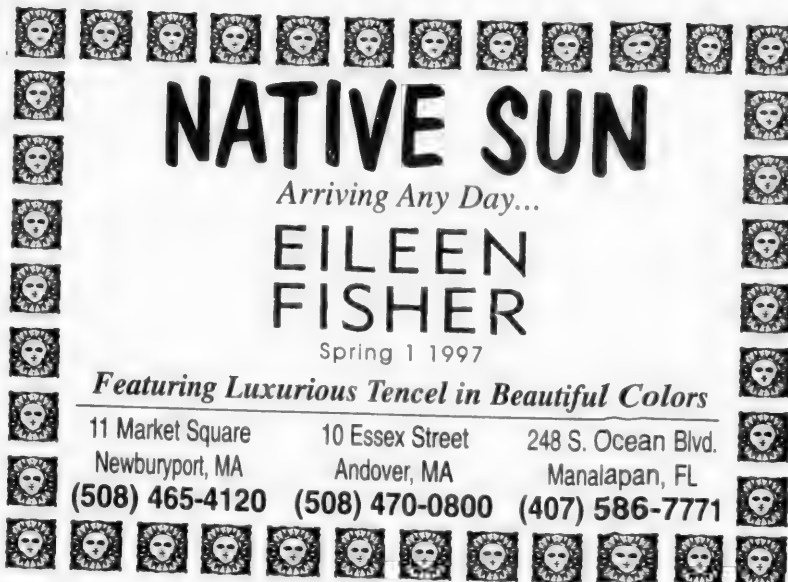
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## Who has the clearest crystal ball?

# Committee on Andover at 400 announces essay contest winners

Last fall, the Committee on Andover at 400 held a series of five seminars dealing with Andover at 400, presented at Memorial Hall Library. The topics - Education; Business and Finance; Medicine, Science and Technology; Environment and Buildings; and the Soul of Andover - took a look at what life in Andover in 2046 might be like, 400 years after its founding. By looking to the future, the organizers reasoned, townspeople could benefit by making improvements in the present. According to Selectman Larry Larsen, the committee extended an invitation to young people by sponsoring an essay contest on any of the five themes concerning Andover at 400. The two best essays submitted to the Andover 400th Committee - *Education in 2046* by Catherine Maffione, age 10, published in the *Townsmen* last week; and *What Will Our Surroundings in Andover be Like 50 Years From Now?* by Sailakshmi Ramgopal, age 12, printed below - were awarded a prize of \$100 each. The winning essays will be included in a book about the 350th celebration, Dr. Larsen said. The book is scheduled to be published in several months.

## Essay submitted to the Committee on Andover at 400

# 'What Will Our Surroundings in Andover be Like 50 Years From Now?'

By Sailakshmi Ramgopal, age 12,  
Doherty Middle School

In half a century, Andover will be very different from what it is now in ways we can and cannot predict. Fifty years ago, Andover was a small, rural town that was still recovering from the effects of World War Two. Today though, things are quite different from what they used to be, and fifty years from now also will be quite different. In the year 2046, I think that the land that is not protected by conservation laws and protection rights will be cleared and developed, and land protected will remain so.

People have predicted the population of humankind to double and possibly triple in fifty to sixty years. Five decades ago Andover had a population of about ten thousand who lived at that time in a mostly rural Andover. Today, the story is much more different. Andover today has a population nearly triple to that of half a century ago. If it has tripled since then, it will most likely triple in the next fifty years to about ninety thousand. Not only will the population grow, but will people move into Andover.

Naturally, these people as any others need homes to live in. Not only do they need that, they will need more schools for their children, more services for themselves, and more jobs to have income. Every town has a limited space to work in, and Andover is no exception. As stated before, land that is free will be used for homes or buildings. These two things are important and fundamental enough to cause very serious financial problems if people do not have them.

Building, of course elevates the cash flow of not only Andover, but of Massachusetts and the entire country. The more revenue there is, the healthier the economy is, and healthiness in an economy is important. An unhealthy economy can cause in problems like corruption and debt.

Building is one of the important factors in our nation's economy. If Andover decides to have a period where no building is to occur, which is even now being discussed, anything connected to building will most certainly topple, in a large or slight way. Without homes or buildings being constructed, lumber companies are affected, as well as painters, electricians, and anyone else who has jobs concerning building.

People who work in this field will inevitably lose money, and when builders have nothing to build, they become jobless. When there are jobless people - and there will be numerous people

like this if this act is committed - unemployment checks must be paid. The money for these will drain the money Massachusetts has, and when no money comes in, the state loses a large amount of money.

Also, land must be developed, and is unavoidable in this world. That is where AVIS comes in. AVIS, which stands for Andover Village Improvement Society, protects and conserves land in Andover. AVIS has certain regulations that cannot be broken. Land that is under the protection of AVIS will remain under that shelter, and little, if anything, can change this. Land that is not safeguarded will be - and must be - used for development, and development is how the town's, state's, and nation's economy grows. Without it, our economy fails.

These lands will keep in check the development of land. AVIS is a serious organization. Signs put up declare which lands are conservation lands, and what not to do so as to clear up any confusion over rules. AVIS is also now trying to discourage people from biking on the lands, to serve as protection. People build and build - there is nothing we can do to stop it, and to stop it is like the ruination of our town. With lands here that are safe and the stable, only land that is 'unstable' is lost.

One example of unstable land is this: Many people have large lots of land that is under their ownership. After time, the land becomes more valuable, as space is more limited as time goes by. Finally, these decide to have the land cleared and developed. When this land is sold, the profit made is immense, and without a doubt everyone wants to make money. Money is necessary to live, and so people clear away their land to make it. Not only does this help our state's cash flow, but it's a tight squeeze in neighborhoods. Money has its ups and downs.

Andover is a town that is full of change and will be full of change in the future. We need to think about how we are going to manage the space we have in a town that is not very large and with a population of a good size. We need to plan our housing structures more carefully, too, instead of being reckless and building houses that are large with land surrounding it under private property. Large houses take up quite a lot of room, and so we should really realize that fact and deal with it.

People do not need so much house-room unless they have extremely large families. If we do not deal with the problem of houses that are too large, we will have serious space issues that no town wants to face. There will be no room

(Continued on page 17)

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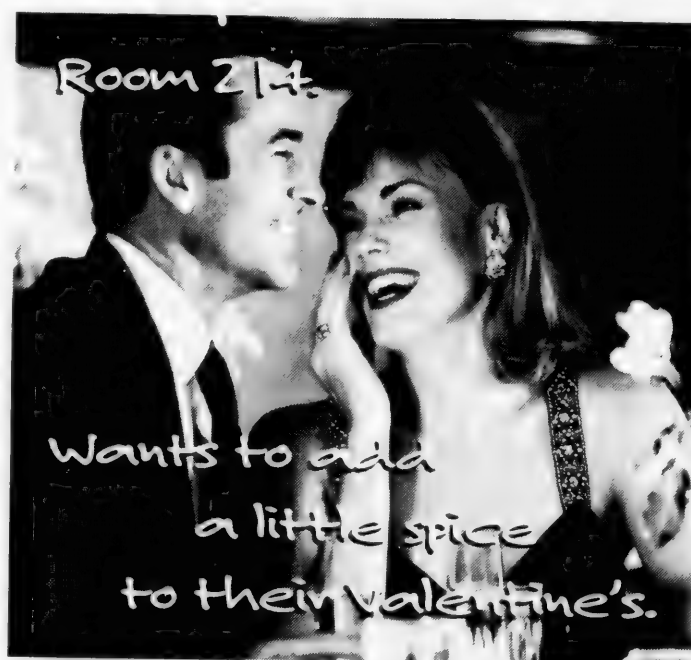
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# ON CAMPUS

(Continued from page 18)

get into the Simon lab where she was able to work on her real interest - viruses. She completed an independent study with Ms. Simon; then, last summer, was one of 36 students out of a pool of more than 200 applicants who were selected to participate in the Research Experience for Undergraduates program at UMass, another HHMI-funded program. Ms. Simon and Ms. Stupina are using a virus model to study a piece of RNA responsible for viral replication.

Ms. Stupina came to this country from Russia as a teen-ager. She says her interest in biochemistry was developed in her high school in Russia. "I had always wanted to experience real laboratory research, to take part in a scientific project," she said. "I want to apply and relate my theoretical knowledge with real life experiments that will help me develop a deeper understanding of my subject." In the Simon lab, she said, "I have had a chance to ask questions and have discussions with highly knowledgeable laboratory members. It is one of the most valuable experiences I have had."

"Doing research is an essential introduction to what's going on in science. You get to see what your future holds if you go into research," she said. Her undergraduate research experience has convinced her that a research career is what she wants. After graduation she plans to go to graduate school to complete a Ph.D. in the field of animal viruses. The past 36 Junior Fellows have had success in achieving their career goals. Virtually all are in life science professional positions. One third

are in medical or vet school, one third are in graduate school,

and about one third are in research labs. Ms. Simon has been helping Ms. Stupina identify schools with good labs for her research interests,

and Ms. Stupina will be sending out her graduate school applications to schools like Harvard, Yale, University of Wisconsin and others.

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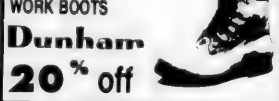
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Executive Vice President



# SCHOOL LUNCH MENUS

Here's what's for lunch in Andover public schools next week, Feb. 10-14:

## Elementary schools

**Monday:** Flame-broiled teriyaki nuggets, barbecue sauce, potato puffs, corn, bread and butter, chilled pineapple, milk or juice.

**Tuesday:** Spaghetti with meat sauce, green beans, bread and butter, homemade chocolate

cake with frosting, milk or juice.

**Wednesday:** Grilled cheese sandwich, french fries, carrots, pudding with topping, milk or juice.

**Thursday:** Chicken cutlet on roll, mayonnaise, tomato and lettuce cup, potato chips, fudge brownie, milk or juice.

**Friday:** Meatball sub with tomato sauce, peas, potato

sticks, orange wedges, milk or juice.

Peanut butter and jelly sandwiches and a pizza lunch are available daily.

## Middle school

**Monday:** Hamburger or cheeseburger, potato chips, sliced carrots, fruit cup, milk, or hot pastrami sub, choice of pickles and onions, sliced carrots, potato

chips, fruit cup, milk

**Tuesday:** Steak sub with choice of peppers, onions and cheese, french fries, ketchup, peas, fudge brownie, milk, or chicken nuggets with honey dip, french fries, ketchup, peas, bread and butter, fudge brownie, milk.

**Wednesday:** Taco boat with meat stuffing, lettuce, tomato and cheese, corn, pudding with whip topping, milk, or

spaghetti with meat sauce, tomato and lettuce cup, corn, bread and butter, pudding with whip topping, milk.

**Thursday:** Cutlet sub with tomato sauce and cheese, green beans, deep dish pie with crumb

topping, milk, or roast round of beef, gravy, whipped potatoes, green beans, bread and butter, deep dish pie with crumb topping, milk.

**Friday:** Grilled cheese sandwich, wax beans, potato chips, chilled pears,

milk, or baked pork chopette with brown gravy, whipped potatoes, wax beans, bread and butter, chilled pears, milk.

A sub and pizza lunch is available daily.

All menus are subject to change.

## ON CAMPUS

(Continued from page 15)

The Andover High School graduate is a member of a research team for her senior year and has received a \$1,000 cash award. The program also provides \$500 for her research expenses. She has also been awarded the \$500 Henry Little Prize as the top undergraduate in the Department of Biochemistry and Molecular Biology. Ms. Stupina is working with biochemistry professor Anne Simon. In 1994 she got a work study job maintaining insect colonies in the lab of professor John Nordin. Although she was hired as a dishwasher, Ms. Stupina soon found she could do much more than wash



**Vera A. Stupina studies experimental mangrove seedlings in the UMass biology department greenhouse.**

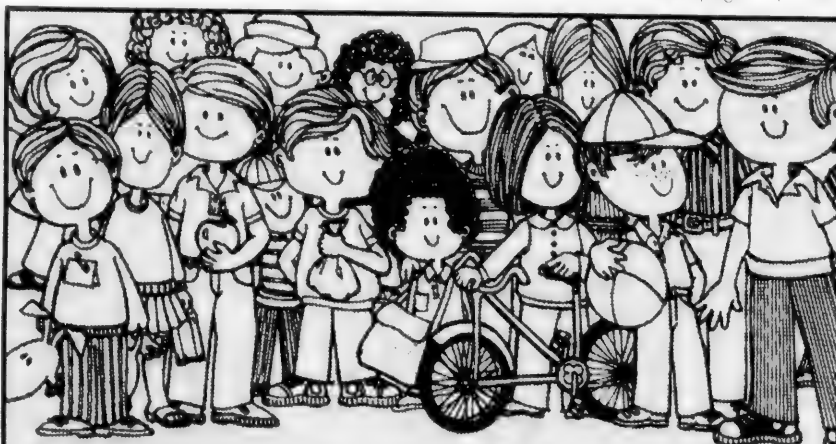
dishes. She learned lab techniques and gained research experience that helped her

(Continued on page 19)

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For the answers to this week's puzzle, check the Classified Pages.

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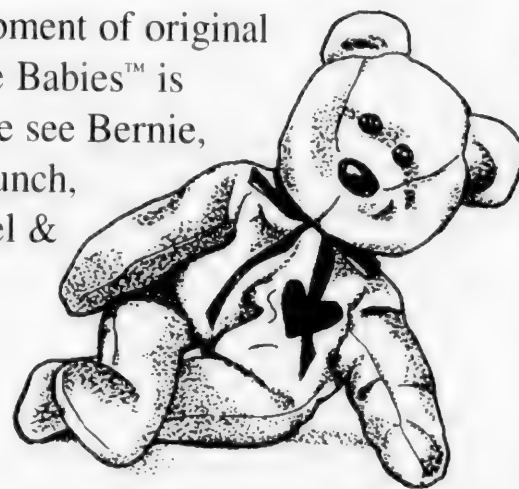


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# EVENTS CALENDAR

## THURSDAY, FEB. 6

**Poetry reading**, poets Mary Dominick Chivers and Nancy Bailey Miller will read from their work, Andover Bookstore, 89-R Main St., 7 p.m.; 491-0143.

**Collecting Oriental rugs**, presentation by Landry and Arcari, "Collecting: The Art of Collecting Oriental Rugs," Old Center Hall, 3 Great Pond Road, North Andover, 7:30 p.m., prices vary; 475-2236.

**Love Letters**, by A.R. Gurney, Brooks School, Vanoff Black Box Theatre, 7:30 p.m., free to the public, limited tickets and seating; Michael L. Walczak 686-6101.

## FRIDAY, FEB. 7

**Eagle banquet**, Eagle Scout Banquet honoring the newest Eagle Scouts in Yankee Clipper Council, Tara's Ferncroft, 50 Ferncroft Road, Danvers Ballroom and Hotel Lobby Area, 6-6:45 p.m., prior to banquet; Jessica Barnett (617) 639-0624.

**Ski weekend**, by the Andover Committee of the Appalachian Mountain Club, enjoy a comfortable country inn by night and explore the nordic and alpine trails of Waterville Valley by day, 13th annual mountain Fare Inn ski weekend, \$100, register with trip leader Larry Blood; (617) 944-0929.

**Franz Schubert concert**, celebrating the 200th anniversary of the birth of Franz Schubert, *Sonata in B-flat, D. 960*, Peter Warsaw, piano, *Horn Song, D. 943*, Allen Combs, tenor, and Robin Cavalear, horn, and *Fantasia in f minor for piano four hands, D. 140*, Duncan Cumming and Christopher Walter, piano, Timken Room, Graves Hall, Phillips Academy, free, 7:30 p.m.; 749-4263.

## SATURDAY, FEB. 8

**Duo Cantabile**, a Valentine program presented by the New England String Ensemble, St. Joseph's Church, 173 Albion St., Wakefield, 8 p.m., \$18, \$15 seniors, \$10 students; (617) 224-1117.

**Mardi Gras ball**, celebrating Merrimack College's Golden Anniversary, dinner included, masks encouraged to be worn, Andover Country Club, cocktails 7 p.m., dinner at 8, \$50 per person; 837-5448.

**Ham and bean supper**, served



The Three of Cups

by church members, West Parish Church, 129 Reservation Road, 5-7 p.m., seniors \$4, adults \$6, children (under 11) \$2; 475-3528.

**Crossroads Coffeehouse**, featuring double bill of Laura Burns and Willi Sordillo, whose music includes a variety of multi-cultural guitar and saxophone instrumentals and songs, and the Three of Cups (see above), a female vocal trio with songs from traditional English bawdy to familiar Irish aire, North Parish Church, 190 Academy Road, 8 p.m., \$8; Sandra Kynes 749-7000 Ext. 243.

**Valentine's dance**, the second annual Havurat Shalom Valentine's dance fund raiser, food, cash bar, door prizes, Best of Thymes, Shawsheen Plaza, 7:30-11:30 p.m., tickets \$30 couple, \$15 single, checks to J. Goldstein, 29 Woodhaven Drive, Andover; 475-7309.

**Chinese New Year celebration**, Li Min Mo, a Chinese storyteller, will entertain her audience with a program about the Zodiac, and rhymes, songs and



Li Min Mo

stories about the Chinese New Year, 10:30 a.m., free, Memorial Hall Library; 623-8400.

## SUNDAY, FEB. 9

**Cross-country skiing**, by the Andover Committee of the Appalachian Mountain Club, cross-country skiing on easy slopes of a golf course, West Elementary School parking lot, Shawsheen Road, 1 p.m.; Dave Doub 470-3703.

**Joey and Maria's Comedy Wedding**, enjoy the food and fun of a traditional Italian wedding, "comedy dinner theater at its finest," Grill 93, River Road at Route 93, Andover, \$35 including dinner, show, tax and gratuity; 687-2442.

**Story Theatre**, presented by the Andover Community Theatre, sponsored by the Friends of the Library, directed by Pam Lemieux, Andover actors include Gail Ralston, Sue O'Neill, Chris Parsons, J.P. Sarni, Robin Dettmerman, Don McCandless, Dana Bissett and Diana Lipeto, 3 p.m., Memorial Hall Library; 474-4342.

**Concert performance** by Richard Harshorne, sponsored by the West Parish Church's music company, West Parish Church, 129 Reservation Road, 3 p.m., free of charge, donations benefit the Community Concert fund; 475-3528.

## MONDAY, FEB. 10

**Herb Society of Andover** monthly meeting, member Susan Belivue will be demonstrating the art of "Herbal Dyed and Ukranian Wax Easter Eggs," guests are welcome, 57 Christian Way, North Andover; Donna Drawbridge 686-5392.

**Support group meeting**, hosted by the Merrimack Valley Lupus Group of the Lupus Foundation, presentation by Athena S. Pappas, DMD, PhD, director of oral medicine, Tufts University Dental School, discussing "Dental Problems and Lupus," Radisson Hotel, 10 Independence Drive, Chelmsford, 7-9 p.m.; Kathy Souza 392-1232, or Heidi Putsch (603) 882-8441.

## WEDNESDAY, FEB. 12

**Merrimack Arts**, presenting Bonnie Anderson, piano, McQuade Library Auditorium, Merrimack College, 3 p.m., free; 837-5000.

**Student recitals**, Phillips Academy, Timken Room, Graves Hall, 2 p.m., free; 749-4263.

## THURSDAY, FEB. 13

**Newcomers Club Membership coffee**, Faith Lutheran Church, 360 South Main St., 9:30-11 a.m.; Arleen Jaracz 749-3186 or Elaine Hammer 557-0196.

**Breakfast Circle**, healthy breakfast

followed by speaker who will discuss senior issues, Dr. Manning Curtiss will discuss "Heart Safe" this month, proceeds donated to the area Councils On Aging of surrounding communities, Sutton Hill Nursing and Retirement Center, 1801 Turnpike St., 9-10:30 a.m., \$1; 688-1212.

**Speaker presentation**, featuring Aaron Feuerstein, president and

(Continued on page 22)

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## Local students named to PA honor roll

(Continued from page 20)

Shue; Abigail Spieler '97, daughter of Dr. Phyllis Friedberg and Dr. Paul Spieler; Max Sung '99, son of Bing Sung of Andover and Kathryn Merriam of East Dover, Vt.; Simone Thavaseelan '97, daughter of Drs. Perin and Thava Thavaseelan; Simon Thavaseelan '99, son of Drs. Perin and Thava Thavaseelan; Jessie Ting '99, daughter of Liping and Indy Ting; Adam Tober '97, son of Harriet Tober; Mark Tompkins '98, son of Marianne and Dennis Tompkins; Elizabeth Tung '00, daughter of Stephen and Alice Tung; Shalini Umapathy '99,

Dr. Srinivasan and Mala Umapathy; Piercarlo Valdesolo '99, son of Dr. Ernesto and Cristina Valdesolo; Nicholas Vantzelfde '97 and Nathan Vantzelfde '00, sons of Mark and Karen Vantzelfde; Susan Wager '00, daughter of Geoffrey and Gloria Wager; Charles Wang '99, son of Morris and Susan Wang; Hunter Washburn '00, son of Peter and Kit Washburn; Emily Wegner '97, daughter of Robert and Johanna Wegner; Justin Weir '97, son of William and Haekyung Weir; Emily Wheeler '00, daughter of John and Elmira Wheeler; Ned Yetten '98, son of Raymond and Karen Yetten.



## Local students named to PA honor roll

Phillips Academy announced the names of students on the honor roll for the fall trimester.

Students must maintain at least a 5-point grade average on a 6-point scale to be named to the honor roll.

Andover students are:

Justin Accomando '99, son of Edward Accomando and Sheila Prout; Jeremy Adams '99, son of Kenneth and Anita Adams; Kimberly Ballard-Perrin '98, daughter of Bob Perrin and Leslie Ballard; April Betty '99, daughter of Daniel and Patricia Betty; Joshua Bloom '99, son of Dr. Steven and Janet Bloom; Rives Borland '99, son of Myles and Linda Borland; Matthew Broude '00, son of Paul and Susan Broude; Andrea Campbell '99, daughter of Michael and Mary Campbell; Emily Carter '00, daughter of Stephen and Adela Carter; Daniel Chen '99, son of Frank and Jennifer Chen; Dean Chiungos '97, son of Victoria Repucci of Andover and John Chiungos of Westford; Elizabeth Clinkenbeard '97, daughter of Joel and Jeannette Clinkenbeard; John Cogliano '98, son of Paul and Rosemary Cogliano; Laura Corliss '99, daughter of Jeffrey and Carrie Corliss; Andrew Cotton '99, son of Joe and Janice Cotton; Patrick Curtis '98, son of Manning and Margarita Curtis; Raj Dandage '98, son of Subhash and Kanchan Dandage; Gregory Dennis '98, son of Jeffrey and Jeanne Dennis; Jason Der Ananian '97, son of Sam and Gail Der Ananian; Christopher Diamond '98, son of the Rev. James and Barbara Diamond; Stephen Dietz '98 and Carl Dietz '00, sons of David and Katherine Dietz; Hilary Dresser '97, daughter of Thomas Dresser; Brian Faulk '00, son of Rick and Kathy Faulk; Justin Fay '99, son of Diana Fay of Andover and Thomas Fay of Seabrook, N.H.; Biana Fay '00, daughter of Victor and Larisa Fay; Alan Ginsberg '00, son of Larry and Rena Ginsberg; Naveen Goela '99, son of Dr. Jitendra and Geeta Goela; Andrew Gossard '00, son of David and

Jane Gossard; Kelly Grieco '97, daughter of James and Jeannie Grieco; Comfort Halsey '97, daughter of Woodruff Halsey of Andover and Katherine Halsey of Ojai, Calif.; Jessica Hellmann '97, daughter of Dr. Joel and Brenda Hellman; Thomas Hodgson '99, son of Thomas and Susan Hodgson; Yeechin Huang '98, daughter of James and Patricia Huang; Ethan Jacobs '99, son of Norman and Irene Jacobs; Catherine Kannam '99, daughter of Dr. Peter and Marie Kannam;

Matthew Kish '99, son of Jane Kish of Andover and Timothy Kish of North Andover; Eve Klein '97, daughter of David and Susan Klein; Jordan Klein '00, son of David and Susan Klein; Sara LeClerc '99, daughter of Robert and Judy LeClerc; Joshua LeMaitre '97, son of Dr. Paul and Lucie LeMaitre; Sara LePore '99, daughter of Robert

Wheeler of Andover and Anthony LePore of Manchester; Daniel Liffmann '97, son of Stanley and Dorothy Liffman; Sarah Lindsay '00, daughter of David and Martha Lindsay; Erin Liotta '00, daughter of Jeffrey and Measue Liotta; Jamie Lipman '97, daughter of Edward and Marlene Lipman; Aaron Litvin '00, son of Yuri and Maria Litvin; Sonal Malpani '99, daughter of Dr. Jugal and Sumitra Malpani; Lauren Martin '97, daughter of Dr. Gregory and Deborah Martin; Katherine Mason '00, daughter of Martin Mason of Andover and Virginia Mason of Medford;

Patrick Morrissey '00, son of Richard and Jane Morrissey; Maya Nath '97, daughter of Shashikala and Gopala Dwarakanath; Trang Nguyen '97, daughter of Hiep and Chau Nguyen; Beibhinn O'Donoghue '99, daughter of Geoff and Mary O'Donoghue;

Alexis Olans '97, daughter of Richard and Rita Olans;

Taejal Patel '99, daughter of Dr. Kirit and Pushpa Patel; Dylan Pecelli '97, son of Dr. Giampiero Pecelli and Myra Jean Prella; Todd Pugatch '97, son of Dr. Donald Pugatch of Andover and Maria Pugatch of Revere; Jonathan Pytko '97, son of Steve and Linda Pytko; Brendan Pytko '00 and Justin Pytko '00, sons of Stephen and Linda Pytko; Kirsten Rapp '00, daughter of William and Willa Rapp;

Peter Robbins '97, son of Michael and Jill Robbins; Kathryn Rose '97, daughter of Bill and Cori Rose; Christopher Sand '98, son of David and Jean Sand; Jessica Schoen '99, daughter of Edward and Myrna Schoen; Gloria Shen '99, daughter of Tsu Yuan and Linda Shen; Daniel Shue '99, son of Chikong and Susan

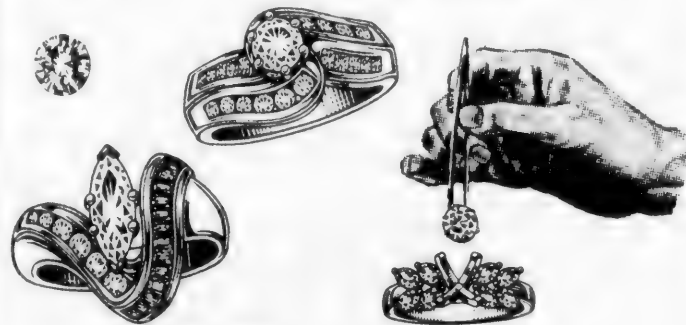
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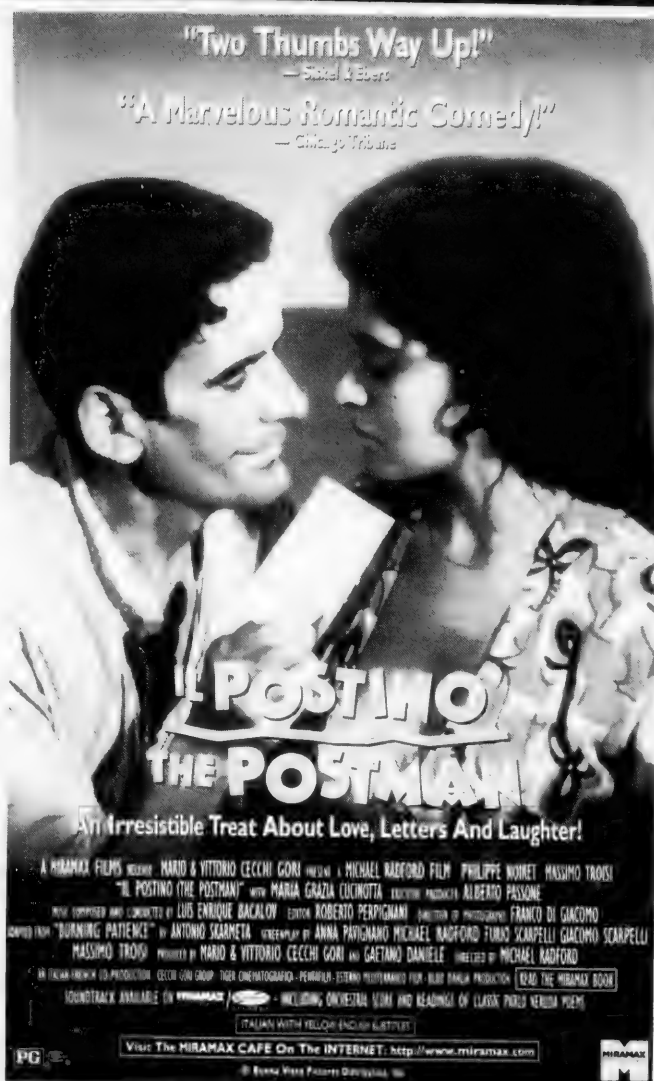
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## BIRTHS

**AMEEN** - A daughter, Hannah Elizabeth, born to David and Sonya (Vahan) Ameen of 85 Shawsheen Road on Jan. 16 at Lawrence General Hospital. Grandparents are Arschag and Zabel Vahan of Haverhill and Samuel and Beatrice Ameen of North Andover. Hannah has a brother, Harrison Joseph.

**CLARK** - A daughter, Allison Elizabeth, born to Merrill and Kimberly (Soll) Clark of 6 Lansbury Lane Jan. 1 at Newton-Wellesley Hospital. Grandparents are Rosalyn English of Burlington and her husband, Joe English, Cynthia Soll of Harbor City, Calif., Dena Soll of Palos Verdes Estates, Calif., and the late Frederick Soll. Great-grandfather is Irving Ford of Randolph. Allison has a sister, Anna Catherine, 4.

**DRISCOLL** - A daughter, Mary Ann Elizabeth, born to James and Jacqueline Driscoll of North Andover on Dec. 30 at

Winchester Hospital. Grandparents are Arthur and Dorothy Driscoll of Andover and Robert and Elizabeth Harris of Arizona. Mary has three brothers, Timothy, Bryan and Christopher.

**FRIEDMAN** - A son, Mitchell Joseph, born to Gary and Susan Valerie (James) Friedman of 23 Stinson Road on Dec. 22 at Brigham and Women's Hospital in Boston. Grandparents are Elaine and George Friedman of Paxton and the late Mildred James.

**HICKMAN** - A son, Jordan Christopher, born to Peter Hickman and Lisa Long-Hickman of Andover on Jan. 10 at Melrose-Wakefield Hospital in Melrose. Grandparents are Jim and Mimi Long of Holly, Mich., and Ken and Jeanne Hickman of York, Pa. Great-grandparents are Virginia Long of Holly, Mich., and Beatrice Andrews of Fort Meyers,

Fla. Jordan has two Siberian Huskies, Lucy and Nika.

**HOLMAN** - A daughter, Emily Olivia, born to Peter and Kimberly (Stansfield) Holman of Wilmington on Jan. 10 at Holy Family Hospital and Medical Center in Methuen. Grandparents are Arthur and Annie Stansfield of Andover and Preston and Dianne Holman of Wilmington.

**HORRIGAN** - A daughter, Sarah Scollay, born to Scott W. and Heather (Cleland) Horrigan of Strafford, N.H., on Dec. 27 at Wentworth-Douglass Hospital in Dover, N.H. Grandparents are Mrs. George E. (Dolores V.) Cleland of Andover and Dr. and Mrs. W.D. Horrigan of Burlington, Vt.

**KOHUT** - A daughter, Katharine Anne, born to Steve and Penny Kohut of 8 Princeton Ave. on Dec. 16 at Massachusetts General Hospital in

Boston. Grandparents are Anna Kohut of St. Petersburg, Fla., and Dr. and Mrs. Ian Alger of Leonia, N.J.

**McCARTHY** - Twin sons, Mathew John and Sean Cornelius, born to Paul and Jane (McLarney) McCarthy of Westwood on Dec. 29 at Newton Wellesley Hospital in Newton. Grandparents are Claire and John McCarthy of Westwood and Barbara and Cornelius McLarney of Andover.

**MARGOLESE** - A daughter, Liana Kim, born to Kate and Joel Margolese of 18 Stoneybrook Circle on Jan. 22. Grandparents are Mary Elva and Bob Erf of Glastonbury, Conn., and Jackie and Richard Margolese of Westmount, Quebec. Liana has a sister, Rachel.

**NIXON** - A son, Brendan Charles, born to Robert and Alison (Phleger) Nixon of Marlboro on Dec. 30 at Beth

Israel Hospital in Boston. Grandparents are Capt. and Mrs. Charles Phillip Phleger USN (Ret.) of Andover and Mr. and Mrs. John J. Nixon of Brookline. Great-grandmother is Mrs. Charles C. Phleger of New Brunswick, N.J.

**VROUNTAS** - A daughter, Sarah Elizabeth, born to Christopher and Catherine (Bruton) Vrontas of 379 River Road on Dec. 15 at Massachusetts General Hospital in Boston. Grandparents are Mr. and Mrs. Theodore Vrontas of Harwich and Dr. and Mrs. William J. Bruton of Concord, N.H., and Harwich.

**WANG** - A daughter, Clara C., born to Frank C. Wang and Tiffany C. Huang of 11 Keystone Way. Grandparents are Yu-Fong and Li Cheng Huang of Taichung, Taiwan, R.O.C., and James and Peggy Wang of Brossard, Canada. Clara has a brother, Andrew, 18 months.

## OBITUARIES

### Robert B. McIntyre Mathematics teacher and head track coach; longtime school committee member

Robert B. McIntyre, 72, of 1 Carisbrooke St., died Wednesday, Jan. 29, at Holy Family Hospital in Methuen.

Mr. McIntyre was born in Boston. He was educated in the Wellesley school system and graduated from Wellesley High School in 1942. He received a bachelor of science degree from Northeastern University in 1949 and a master degree in education in science from Boston University in 1950.

He was an Eagle Scout with the Boy Scouts of America.

Mr. McIntyre lived most of his life in Andover.

He served with the Navy from 1942 until 1946 when he was honorably discharged. He was a member of the Naval Reserves from 1947 to 1974 when he retired with the rank of lieutenant commander.

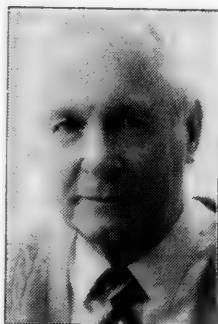
Mr. McIntyre coached football at Northeastern from 1949 until 1950.

He was a mathematics teacher and head track coach at Andover High School from 1950 to 1959. He taught math and was head track coach at Melrose High School from 1959 to 1986.

Dick Collins, former Andover High teacher and coach and close friend of Mr. McIntyre, said, "Bob was the dearest friend, a golf partner for 35 years, and truly a tremendous gentleman. He did more for track than any other single person."

Dick Bordelais, physical education

director of Andover High School, said, "He was one of the most outstanding mentors that anyone could have. I was very fortunate to have the tutelage of him and Dick Collins. He was a front-runner for kids and did tireless work. Even after his retirement, he volunteered his time coaching. We lost a great friend to our students."



Robert B.  
McIntyre

Charles F. Dalton Jr. said, "If you attended Punchard High School during the 1950s, you had the privilege of having been taught and coached by Bob McIntyre. His recent death was preceded by a valiant and long struggle with an illness which, even as it took its toll, did not diminish Coach McIntyre's spirit and resolve."

"I was very lucky to have been taught and coached by this man; he inspired and supported his students and players. If you had a problem or needed some practical advice, he was always available and usually right on point; he did not sugarcoat his opinion or hold back his displeasure. During games, his ever-present clipboard would serve as a measure of his anger or frustration, depending on how far it was thrown. Sudden anger would be quickly diluted by his recognition of a player's frustrations and need to be consoled," Mr. Dalton said.

"Coach McIntyre's compassion was not always obvious and often reserved

for private conversations with the individual."

"The McIntyre home was always open to his former players. We would make it a point to visit the coach and his family during our school vacations and holidays. Betty Ann and Bob enjoyed these visits, I believe, and always took great interest in listening to our stories about college and our activities."

Mr. McIntyre was instrumental in the fight for a state high school track facility that, after 37 years, resulted in the Reggie Lewis Track and Athletic Center in Boston.

He was a member of the Andover School Committee from 1960 to 1976 and was chairman in 1963-'64. He was a charter member of Andover Boosters Club and its president from 1964 to 1968 and a member of the board of directors from 1957 to 1976.

Mr. McIntyre was a member of the board of directors of Andover Little League from 1952 to 1979. He was president of the Massachusetts State Track Coaches Association from 1972 to 1974 and had been an executive director since 1975. He was a director of the Eastern Massachusetts Schoolboy Football Tournament since 1972 and was co-director of the Red Auerbach State Indoor Track Meet.

He was National Coach of the Year District 1 of the National High School Athletic Coaches Association in 1975 and received the Meritorious Award from the National High School Athletic Coaches Association and the Charles A. Linehan Award from the Massachusetts State Coaches Association in 1978. In the years 1977 through 1979,

Mr. McIntyre received an Appreciation Award from the Special Olympics program and in 1983 the Massachusetts State Football Coaches Association Award for Meritorious Service. He was inducted into the Andover High Athletic Hall of Fame several years ago and received the National Distinguished Service Award from the National High School Athletic Coaches Association.

Members of his family include his wife, Elizabeth A. (Locke) McIntyre of Andover; sons and daughters-in-law, Robert B. and Carol McIntyre Jr. of Abingdon, Md., Paul and Lisbeth McIntyre of Salem, N.H.; Glenn and Ellen McIntyre of North Andover; and Keith and Eileen McIntyre of Methuen; brothers, George McIntyre of Los Alamitos, Calif.; and Stuart McIntyre of Rochester, N.Y.; seven grandchildren; and several nieces and nephews.

Funeral services were held Monday at Pollard Funeral Home in Lawrence. Burial was in Spring Grove Cemetery.

Memorial contributions may be made to Massachusetts State Track Coaches Association Memorial Funds, care of Andover Bank, Attn: Rosemary Mottola, 228 Haverhill St., Methuen, Mass. 01844.

### Marie E. Lavin Formerly of Andover

Marie E. Lavin, 80, of Seabrook Beach, N.H., died Wednesday, Jan. 29, at Seacoast Health Center in Hampton, N.H.

Mrs. Lavin was born in Lawrence. She graduated from Lawrence High

(Continued on page 24)



# LISTINGS

(Continued from page 21)

chief executive officer of Malden Mills Industries Inc., his talk will be about his vision of com-



Hart Leavitt

munity; followed by a reception in the Underwood Room; Phillips Academy, Cochran Chapel, 8 p.m.; 749-4295.

## FRIDAY, FEB. 14

**A Celebration of Hearts**, an evening party benefiting Family Service Association of Greater Lawrence, hot hors d'oeuvres and specialty desserts will be served while Andover resident Hart Leavitt and his "4 of Harts" band provide jazz background and dance music; Old Town Hall, 20 Main St., 7:30 p.m., \$45 per person; Lisa Smith 683-9505.

**Joey and Maria's Comedy Wedding**, enjoy the food and fun of a traditional Italian wedding in this comedy dinner theater; Grill 93, River Road at Route 93, Andover, \$35 including dinner, show, tax and gratuity; 687-2442.

**Opening reception**, featuring four women painters, Danielle McCarthy, Jean Clohisy, Susan Dangora and Dena Carbone, paintings are portrait, still-life and landscape works, 5-7 p.m., Essex Art Center, 56 Island St., Lawrence; Leslie Costello 685-2343.

**Love Letters**, presented by the Amesbury



Aaron Feuerstein

Playhouse Dinner Theatre, one night only, cocktails at 6:30 p.m., dinner 7:30, \$80 per couple, 194 Main St., Amesbury, reservations are limited; (508) 388-9444.

**Academy Jazz Band**, with director Peter Cirelli, Kemper Auditorium, Elson Arts Center, Chapel Avenue, Phillips Academy, 7:30 p.m., free; 749-4263.

## SATURDAY, FEB. 15

**Concert at the New Moon Coffeehouse**, guitar player Cliff Eberhardt will perform from his new album, "Mona Lisa Cafe," opening act: Stan Moeller & T. S. Baker, Universalist Unitarian Church, Haverhill, at Routes 125 and 110, tickets \$10, 8 p.m.; Carol Allen (508) 373-5259.

## SUNDAY, FEB. 16

**Fish Brook Trail cross country ski**, three-mile cross-country ski through Harold Rafton Reservation and Fish Brook Trail, 1:30 p.m., meet at the large triangular intersection of Chandler and River roads; Bob Dyer 883-1394.

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herb rubbed with walnuts, goat cheese, basil  
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Ginger Ice  
Cream!

# OBITUARIES

## Irene Taylor

(Continued from page 24)

Members of her family include her sister, Marion Manahan of Salem, N.H., and several nieces and nephews.

She was the widow of Harold C. Taylor.

Funeral services were held Tuesday at Charles F. Dewhirst Funeral Home in Methuen. Burial was in Elmwood Cemetery, also in Methuen.

## Irene A. O'Leary Homemaker lived in Andover for 42 years

Irene A. (Kelley) O'Leary, 67, of 39 Boston Road, died Sunday, Feb. 2, at Winchester Hospital in Winchester.

Mrs. O'Leary was born and educated in Charlestown and was a graduate of Charlestown High School.

She had lived in Andover for 42 years.

The homemaker loved birds and was an avid reader.

Members of her family include her son and daughter-in-law, Daniel and Alice O'Leary of Dallas, Texas; daughters and sons-in-law, Ann and Brian Linehan of Chelmsford and Beth and Ronald Malcolm Jr. of Austin, Texas;

brother, William Kelley of Florida; and six grandchildren.

She was the widow of Cornelius A. O'Leary.

A funeral Mass was said Wednesday at St. Augustine Church. Burial was in Spring Grove Cemetery.

Arrangements were by Allen Funeral Home of Lawrence.

Memorial contributions may be made to Memorial Hall Library, Elm Square, Andover, 01810.

## Valley Chamber plans 'presidential' roast

The Exchange Club and Lions Club of Lawrence are sponsoring a "presidential" roast of Joseph Bevilacqua, Merrimack Valley Chamber of Commerce president, Tuesday, Feb. 25, at Andover Marriott, 123 Old River Road.

Cocktails and hors d'oeuvres from 6-7 p.m. will be followed by dinner from 7-8.

The roast will begin at 8. There will be a professional comedian and a number of

roasters.

The cost is \$50 per person, or \$450 for a table of 10. Proceeds will benefit local charities.

For ticket information, call Bob Bernier Exchange Club at First Essex Bank (681-7500, Ext. 8366). Make checks payable to The Exchange Club of Lawrence, and send to: Merrimack Valley Chamber of Commerce, 264 Essex St., Lawrence, Mass. 01840.



From left are SVWC members Betty Keefe, Sue Corcoran and Emily Cook.

## Shawsheen Village Women's Club meets at the Andover Historical Society

Monday, Feb. 3, was the date of the Shawsheen Village Women's Club meeting at the Andover Historical Society.

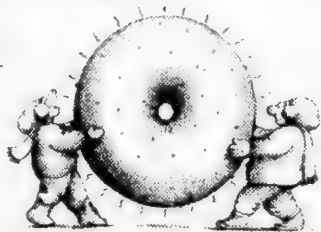
Barbara Thibault, director, described William Jenkins of Andover and his role in the Underground Railroad.

Hostesses were Emily Cook, Betty Keefe and Sue Corcoran.

Co-chairwomen were Bernice Haggerty and Audrey Cole.

The SVWC is a federated club founded in 1921. Its motto is "To learn, to teach, to serve, to enjoy."

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# OBITUARIES

## Marie E. Lavin

(Continued from page 23)

School in 1933 and from McIntosh School of Business.

She lived in Andover and Lawrence before moving to Seabrook Beach in 1982, where she had been a summer resident since 1951.

Mrs. Lavin was a communicant of St. Elizabeth's Church in Seabrook. She was a former communicant of St. Augustine Church, where she was active in the Guild, and a former member and secretary of the November Club.

Members of her family include her husband of 54 years, Raymond J. Lavin of Seabrook Beach; sons, Raymond J. Lavin Jr. of Hampton, John E. Lavin III of Wildwood, Mo., and Jeffrey C. Lavin of Westborough; daughters, Ann M. Murphy of Andover, Barbara C. Curran of Sandwich, Sarah J. Finnegan of Manchester, N.H., and Julie A. Lewis of Hampton; brothers, Daniel Crane of Andover and James Crane of North Andover; sister, Rose M. Hoag of East Dennis; 16 grandchildren; and several nieces, nephews and cousins.

A Mass of Christian Burial was celebrated Saturday at St. Elizabeth's Church. Burial was in High Street Cemetery in Hampton.

Arrangements were by Remick & Gendron Funeral Home in Hampton.

Memorial contributions may be

made to Sacred Heart School Building Fund, 289 Lafayette Road, Hampton, N.H. 03842, or to Exeter Hospital, Women's Mammography Center, care of Jill Costa, 10 Buzell Ave., Exeter, N.H. 03833.

## Rose MacInnis

**Worked in the rectory at St. A's for 21 years**

Rose (McCartney) MacInnis, 87, of Lawrence died Friday, Jan. 31, at Lawrence General Hospital.

Mrs. MacInnis was born, raised and educated in Andover. She attended St. Augustine School.

She worked in the rectory at St. Augustine Parish for 21 years until she retired in 1968.

Mrs. MacInnis attended St. Patrick Church in Lawrence.

Members of her family include her daughter, Mary Anne Garvey of Lawrence, and two granddaughters.

She was the widow of John MacInnis, who died in 1987.

Funeral services were held Monday from Hart-McLennan Funeral Home in Lawrence. A funeral Mass followed at St. Augustine Church. Interment was at St. Augustine Cemetery.

## Elizabeth A. Mills

**Attended**

**St. Augustine Church**

Elizabeth A. (Szczepaniak) Mills, 79, of Andover died Thursday, Jan. 30, at Colonial Heights Healthcare Center.

Mrs. Mills was born in Lowell.

She attended St. Augustine Church.

Members of her family include her sons, Robert A. Mills Jr. of Virginia Beach, Va., and his wife, Joyce Mills Jr., Henry E. Mills of Methuen and

his wife, Kathleen Mills, Cameron Mills of Andover and his wife, Roberta Mills, John Mills of Delaware and his wife, Robin Mills, and Dennis Mills of Boston; daughter and son-in-law, Jessie and Harold Bailey of Florida; six grandchildren; two great-grandsons; and several nieces and nephews.

A funeral Mass was said Monday at St. Augustine Church. Burial was in St. Augustine Cemetery.

Arrangements were Burke Funeral Home.

## William P. Grant Sr.

**Carpenter at Phillips Academy for 15 years**

William P. Grant Sr., 46, of North Reading died Tuesday, Jan. 28, at Massachusetts General Hospital in Boston.

Mr. Grant was born and educated in North Reading. He graduated from North Reading High School in 1968.

He was a carpenter at Phillips Academy for 15 years and was a self-employed carpenter for many years.

Mr. Grant was a member of Loyal Order of Moose No. 1511 in North Reading and a former Little League and girls' softball coach.

Members of his family include his wife, Kathleen M. (Rush) Grant of North Reading; daughter, Laura Anne Grant of North Reading; son, William P. Grant Jr., also of North Reading; parents, Jeanne (Fuller) Miller of Barefoot Park, Fla., and Calvin S. Grant Sr. of Badger, Calif.; brothers, Calvin S. Grant Jr. of Derry, N.H., and Kenneth E. Grant of Nashua, N.H.; sister, Barbara J. Allen of North Andover; and many aunts, uncles, nieces and nephews.

Funeral services were held Saturday at Croswell Funeral Home in North Reading. Burial was in Riverside Cemetery, also in North Read-

## Obituaries Pages 23-25

Evelyn Cohen

William P. Grant Sr., 46

Marie E. Lavin, 80

Rose MacInnis, 87

Robert B. McIntyre, 72

Elizabeth A. Mills, 79

Irene A. O'Leary, 67

Ann Palermo, 72

Irene Taylor, 97

ing.

Memorial contributions may be made to a trust fund for his children to Bank of Boston, care of Laurel Fortunata, 172 Park St., North Reading, Mass. 01864.

## Irene Taylor

**Bookkeeper at Andover Companies**

Irene (Harrison) Taylor, 97, a resident of MI Nursing/Restorative Center in Lawrence, died Saturday, Feb. 1, at Lawrence General Hospital.

Mrs. Taylor was born in Lawrence and reared and educated in Methuen. She had lived in Andover for many years before moving to Methuen. She entered the nursing home in 1992.

Mrs. Taylor worked in local textile mills, including the former Shawsheen Mills of Andover. More recently she was a bookkeeper for Andover Companies.

(Continued on page 25)

## Deaths Elsewhere

**COHEN** - Evelyn "Evy" (Roth) Cohen of Pembroke Pines, Fla., died Saturday, Jan. 18.

Members of her family include her son and daughter-in-law, Malcolm and Janice Cohen of Andover.

**PALERMO** - Ann (Jannetti) Palermo, 72, of Methuen died Wednesday, Jan. 29, at Holy Family Hospital in Methuen.

Members of her family include her brother, Carl Jannetti of Andover.

Obituaries  
are a free  
service of the  
**Townsmen**,  
which  
receives  
information  
from funeral  
homes and  
family  
members.

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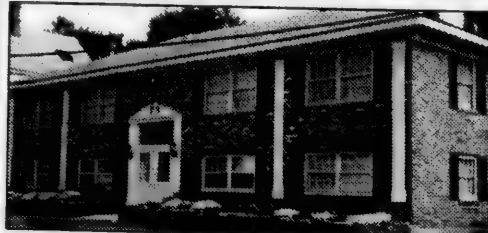
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The American Cancer Society is looking forward to providing a touch of spring with its annual Daffodil Days celebration in March. The Society invites residents to get involved with this year's celebration. Volunteers are needed in many areas:

- Join the Daffodil Days committee and share ideas and thoughts during its planning process.
- Pre-sell daffodils in your business or neighborhood.
- Help sell daffodils (\$5 for bouquets of 10 flowers) the week of the event, March 18-23.
- Help deliver daffodils to area businesses and donors.

For more information, call the local American Cancer Society office at 988-3600. Any amount of time you are able to share will be greatly appreciated. The daffodil is the first flower of spring and, as such, symbolizes hope and renewed life.



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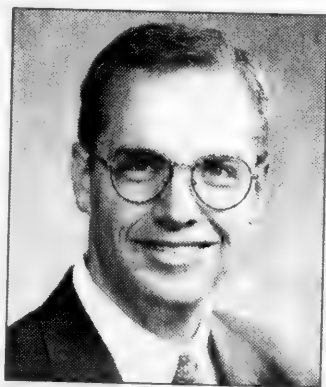


Charles K. Erban II

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\*\*Loan Center



# DOWN THE YEARS

Compiled by Eszter Vajda

## 50 Years Ago - February 1947

The Central Parent-Teacher association is planning a varied program at their International Night to be held in Memorial Auditorium at 8:00 o'clock. Domenic Teoli, well known locally for his musical talent, will be the featured violinist.

The next square dance class to be

held in the West Parish vestry, under the sponsorship of the Men's club, will be Valentine's Day Evening, February 14, in the form of a Valentine Party. Refreshments will be served by the Men's club.

The Andover Playhouse Performances for the first two weeks: The Verdict, Blondie's Big Moment, Never Say Goodbye.

Spring's first appearance for 1947 in Boston is only a month away. On

March 10, more than a million bulbs, plants, shrubs and trees will be in bloom at the 76th annual New England Spring Flower Show of the Massachusetts Horticultural Society at the Mechanics building.

## 25 Years Ago - February 1972

School committeemen approved a 1972 budget expenditure of \$15,000 as the Andover contribution to the

Greater Lawrence Memorial Health Center, in return for direct mental health services to Andover students and their families, consultation to the schools and public education services, during 1972. This is a fifty percent increase over Andover's share as a member community last year. Services of the Greater Lawrence Mental Health Center, on Andover Street in Lawrence, replace those of the mental

(Continued on page 32)



**KITCHEN CONCEPTS**

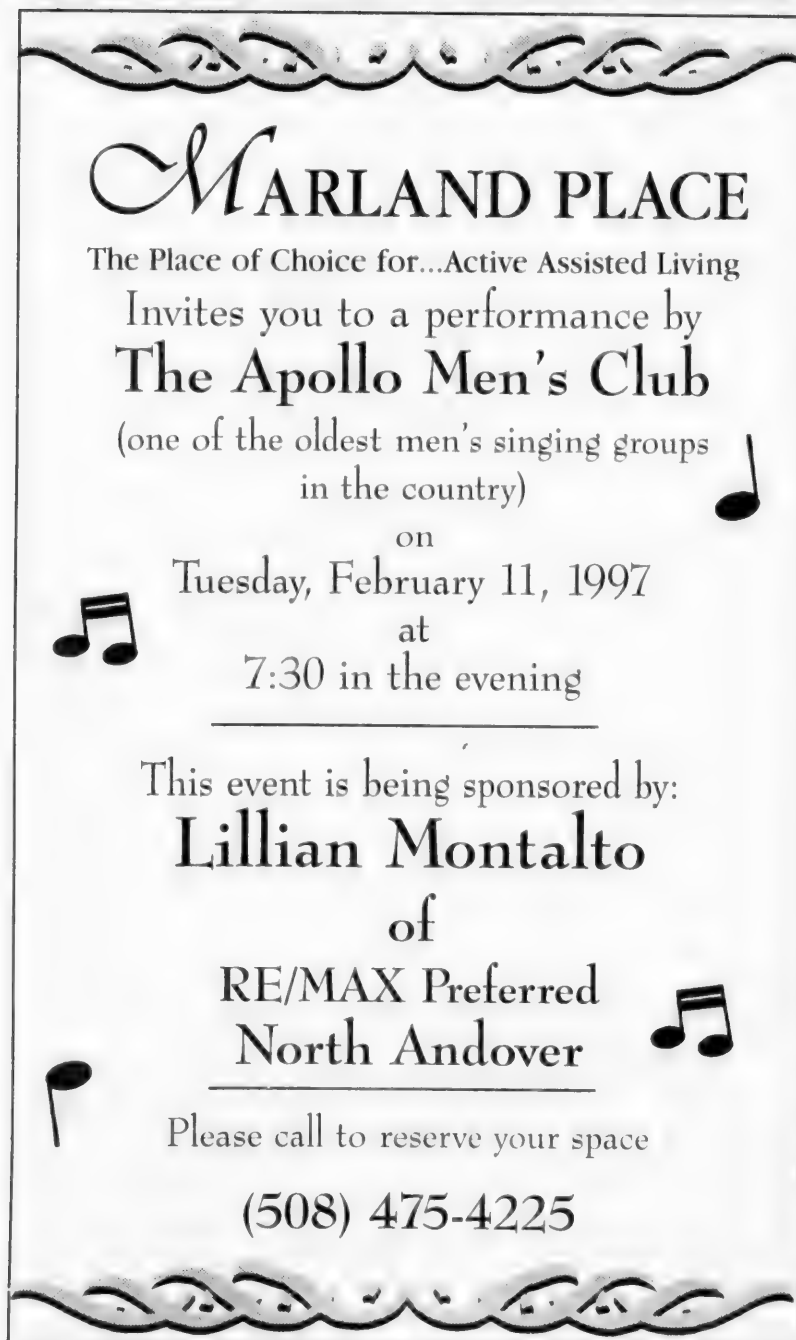
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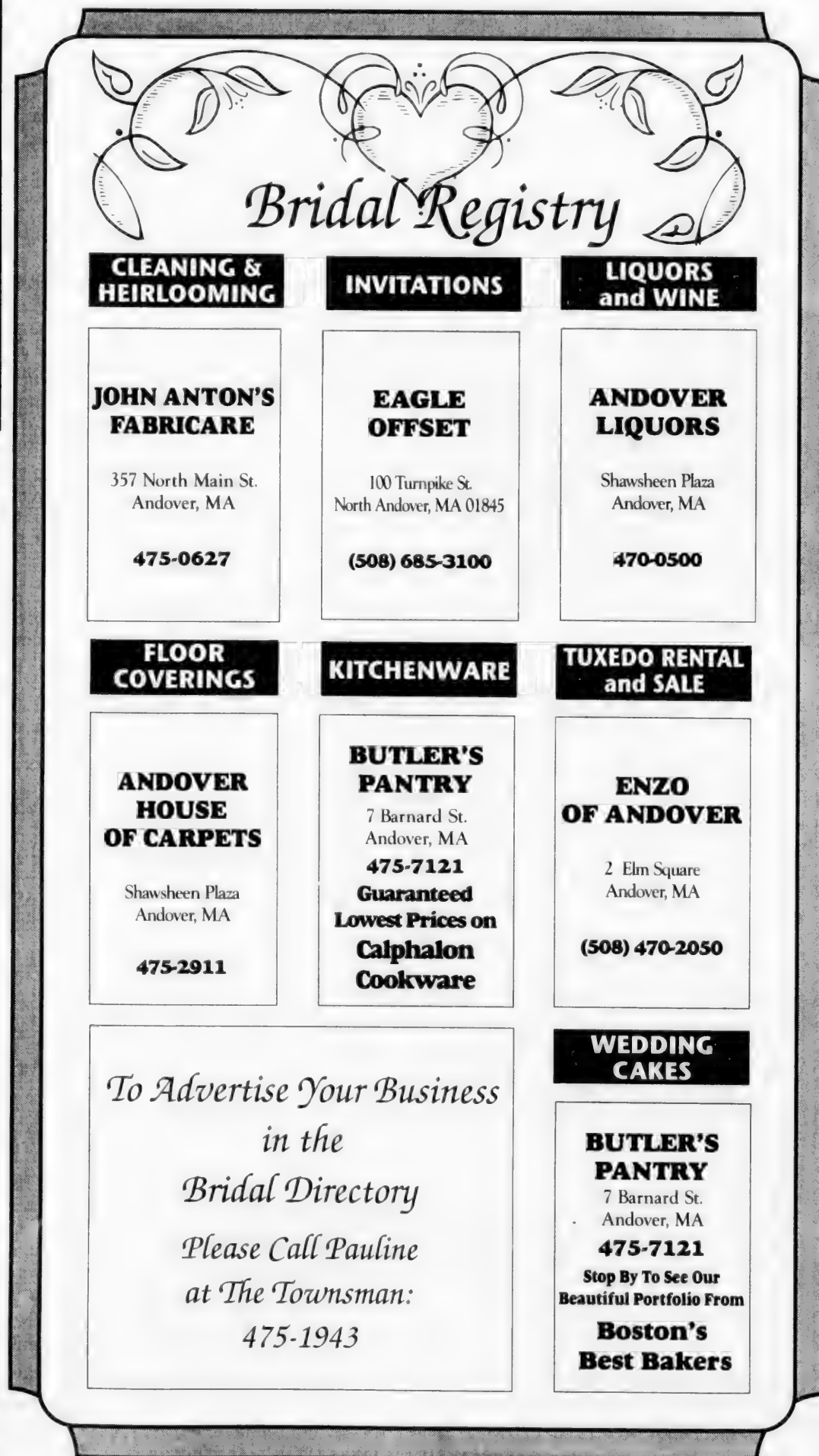
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# Angry Andover High parents seek answers

(Continued from page 28)

teachers' perspective, to check for heat or intercom problems, noise or odor levels, or other intrusive situations.

• The chain of command has been clarified so the right persons are notified of problems. Students who have or notice a problem should report it to teachers. Teachers should report problems to an administrator, such as Steve Richardson, assistant principal, or Ellen Parker, principal. They will then channel notification to either Mr. McCormick or the person in charge of that particular area. "The buck stops with me," Mr. Stapczynski said.

"All known heat problems have been or are being addressed," Mr. Stapczynski said. Air temperatures are being tested daily. Three classrooms still have intercom problems and contractors will be working on those this week. Otherwise every room in the school does have two way communication with the office, he said.

• Efforts to improve communication with parents will include updates through the PAC newsletters and through funneling more information to the newspapers, including the *Townsmen*. Monday morning meetings with school administrators, teachers, Mr. McCormick and a rep of the School Building Committee will continue, and the town will re-initiate weekly Friday meetings with the contractor, school administrators and Mr. McCormick.

## Angry parents

About 150 parents and three students vented anger and frustration over the Andover High School construction project during what was scheduled as an informational session Monday night at West Middle School.

The session began with Ellen Parker, AHS principal, giving a state-of-the-school address that was very upbeat. That took about 20 minutes. Officials and parents then spent more than two hours debating the High School project.

Construction on the \$29 million project began in January 1995 and was originally scheduled to be completed in August 1996. According to the contractor's latest schedule, completion is now scheduled for mid-September of this year, after students have returned to school.

One parent asked if extra work would be done during vacations. Another asked if contractors could

work extra shifts at night to get the work done sooner. Mr. McCormick, the clerk of the works for the town on the project, said work adjacent to the occupied areas would be done during the vacations. But Jim Marsh, School Building Committee chairman, said extra shifts would mean paying for double and triple time that would run into thousands and thousands of dollars, and officials have opted instead to use that money for facilities and equipment.

Another parent said the current juniors should have at least one undisrupted school year and drew applause with the suggestion that officials find a way to get the work done before Sept. 1.

Mr. Marsh, Mr. McCormick and Mr. Stapczynski said they were hindered by having a contractor who is already suing the town and whose case against the town will benefit from further delays. As much as they would like to find ways to get things done more quickly, it doesn't help to have a contractor who does not have similar goals, they said.

"This is a very complicated process with a very difficult contractor," Mr. Marsh said.

Portable classrooms were also suggested as a way to get kids out of the building so work could move faster. But Mr. Marsh said the cost was prohibitive and they would not fit on the site without squeezing out other activities.

And parents rehashed the debate over why per diem penalties were not included in the contract. Town officials stood by their decision on the contract.

Parents expressed doubt that the project would be completed in September. Lois Karfunkel, of 22 Orchard Crossing, said she thinks it will realistically be a year from now before the project is done, and said she fears sending her eighth grade daughter to the school.

"Close calls" are an unacceptable condition, she said.

Though officials said safety is their major concern and that costs have never been balanced against safety, parents said the record does not show that.

Officials said there have only been five incidents involving safety issues at the school since construction began. Three occurred last November, one of which was when a pipe fell from an upper floor into an unoccupied cafeteria. Last month a football-size chunk of



Photo by Don Staruk

**Robert Kletjian of 16 Powers Road, makes a point during Monday's discussion on problems at Andover High School**

concrete fell through wall into an unoccupied corridor. The fumes incident Friday was the fifth.

Another incident that occurred last Friday involved a small fire in a school bathroom, after the school was closed. At about 2 p.m., long after the building had been evacuated because of the fumes, some kids allegedly started a small fire in a bathroom at the school. Minor damage was done to a plastic vent, but the Fire Department is investigating it as arson. (The last incident may be related to a similar one that occurred the previous Wednesday at the Barnard Building on Main Street, according to town officials. In that case, rolls of toilet paper were allegedly set on fire by kids in a second floor bathroom of the building.)

Parents also suggested a "phone tag" system be put in place so that in the future, if the school has to be closed, parents can be notified that their children are being sent home.

Parents complained of cold classrooms and classrooms that did not have working intercoms that could not be notified in the case of an emergency. But, for the most part, those issues go back several weeks and have since been addressed, according to officials. There are exceptions, as Mr. Stapczynski pointed out in his statement to the School Committee Tuesday night, but those too are being addressed, he said.

Parents asked to have representation in the school or on the construction site to monitor safety issues. The plans to have town officials on site every day and a senior volunteer in the schools are likely Mr. Stapczynski's responses to that request.

Parents asked for Mr. Stapczynski to guarantee their children's safety, but Mr. Stapczynski said he couldn't do that for anyone, whether it was on that site or anywhere else.

"This is too much. There isn't a business in this state that would allow their people to work under these conditions," one parent said. Ellen Parker, High School principal, was asked how much of her time was spent on construction issues rather than education issues. "It's a lot. If it's not a quiet day, it's a lot," Ms. Parker said.

Three students at the meeting said they questioned the safety at the school and suggested students should be consulted regarding the plans and the problems.

At one point, in explaining the thousands and thousands of details that had to be attended to on a project of this size, Mr. Marsh said, "There are things that fall through the cracks." Several people in the audience mumbled that that was exactly what they were worried about.

## Dust and fumes close Andover High School

(Continued from page 28)

as "Party at my house."

The commotion continued outside the school building. While students poured out of school, buses and cars simultaneously pulled up to the front door to take kids home. The vehicles formed a chain that blocked the exit

road from the school. Bus drivers were yelling at car drivers and no one seemed to know what was going on until Carol Znamierowski, head of school transportation, stepped in and directed cars out of the driveway.

The incident comes on the heels of several other problems involving con-

struction at Andover High School. Some of the problems have been falling pieces from the ceiling, disruptive noises, freezing conditions due to a dysfunctional heating system and dense dust. Officials held an emergency meeting Friday morning at Town Manager Buzz Stapczynski's office. Key officials were called in from the fire

and health departments as well as members of the construction crew. The meeting was intend to decide on a more aggressive action toward construction plans at Andover High School. Mr. Stapczynski said he wants to avoid such "Stupid mistakes from happening in the future." [See related story and editorial, page 30.]



# Angry parents ask officials to close High School

(Continued from page 1)

circumstances would comply for Andover. It would also probably take until April to reschedule classes for both the middle school and high school students, and none would end up with a full day. Moving equipment and supplies, if there was a place to move it to, would also pose a problem. And Buzz Stapczynski, town manager, said such a move would likely require bargaining with teachers since it would involve changing their work day and many have other part-time jobs, families and other obligations that would be affected.

For all those reasons, Mr. Neal said double sessions does not look like an option.

"It really doesn't at this point," he said.

Instead, a number of new procedures have been or will be put in place to attempt to prevent more incidents such as the one that occurred last Friday, when fumes from construction equipment caused officials to evacuate the building and send students home. Mr. Stapczynski outlined the new safety procedures for the School Committee Tuesday night. They are as follows.

- On Tuesday, a letter was sent to Stone Congress, the contractor, asking them to maintain and supervise all safety precautions and programs at the site as required by the contract, including having a full-time safety officer monitor construction activity.

- Buffer zones have been set up between construction areas and occupied school areas so that at no time should there be work taking place in space that adjoins a classroom or other occupied areas. All construction areas are separated from the occupied areas by walls, and a student "would have to work" to get into the construction area, Mr. Stapczynski said.

- Four carbon monoxide monitors have been installed in the buffer zones to assure that gasses are not escaping into occupied areas. Air quality tests will be performed in the classrooms. It was last checked in November.

- Mike McCormick, senior field representative for Mead Consulting, the town's watchdog on the project, will walk the site every morning to note construction activity for that day. Special notice will be given to painting, installation of floor tile and use of adhesive building materials that may emanate fumes;

- Kaija Gilmore, town building inspector, and Joe Piantedosi, facilities manager in the Municipal Maintenance Department, or a representative from their offices will go through the building every day.

- Fire Chief Harold Wright will be asked to have a fire safety officer go through the building every day.

- Jean Madden, coordinator of senior services, will be asked to have a volunteer in the tax voucher program go through the occupied areas of the High School every day to monitor the environment from the students' and

(Continued on page 29)

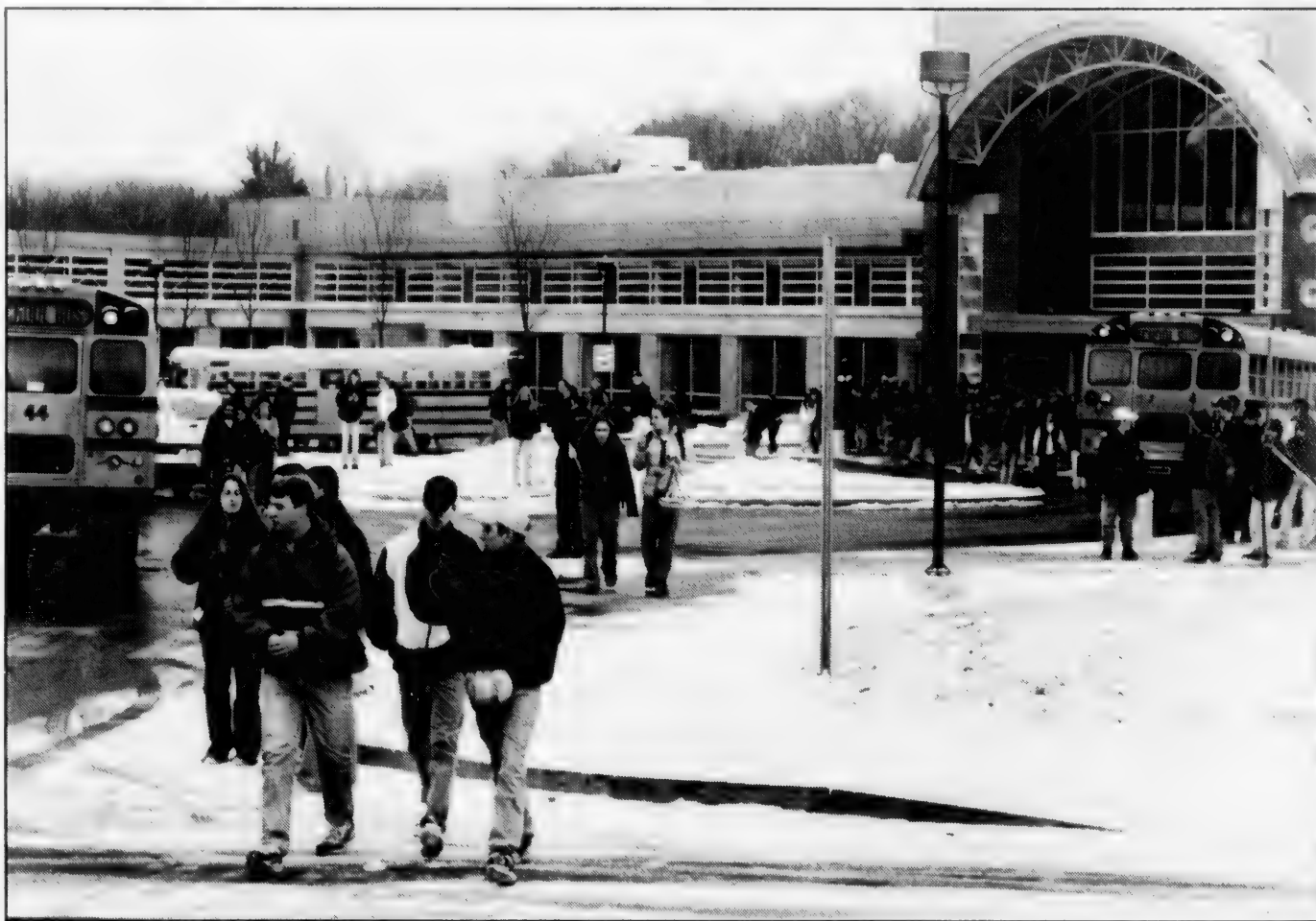


Photo by Lisa Adelsberger

Students leave Andover High School Friday, Jan. 31, after dust and fuel fumes caused officials to cancel school.

## Dust and fumes fuel frustrations about construction at Andover High School

By Eszter Vajda

Andover High School students had a surprise day off last week.

At approximately 8:30 Friday morning, kids were evacuated from their classrooms and then dismissed for the day.

According to Joseph Piantedosi, director of facilities for the town's Municipal Maintenance Department, construction workers were cutting cement with a gasoline-powered chain saw behind Room 244. The fumes from the saw's exhaust pipe dispersed into nearby classrooms on the second floor. Mr. Piantedosi described it as a fog in the air. He said that in large quantities the gas is potentially harmful.

Bruce Dewire, a teacher, was in the adjacent classroom.

"The first thing we heard was a tremendous noise, like it was right in the room," said Mr. Dewire. "Then dust began pouring in the room and then smoke."

Students started complaining about feeling ill.

Randy Matos, a junior at Andover High School, was in a classroom on the same floor.

"Smoke came into the room, and it smelled like gasoline," he said.

Pete Edgerly, a junior, was in gym class when the commotion began. "We were all terrified because we didn't know what was going on," said Mr. Edgerly.

At that time an announcement by Steve Richardson, assistant principal at AHS, asked teachers to lead the student body down to the cafeteria.

Staff and students immediately opened windows for ventilation.

The Andover Fire Department and emergency medical personnel, along with health inspectors, rushed to the scene. Carbon monoxide levels were measured at zero percent, officials said. Students who complained of headaches and dizziness were immediately escorted out of the building for fresh air.

Kristen Pelleria, a junior at AHS, said someone was running down the halls spraying Lysol to cover up the smell. But, superintendent of schools Dick Neal decided not to take any chances, and canceled classes for the day.

Sentiments ran high before and after the Friday morning incident.

Mr. Dewire, who was just about to start his class that morning, said, "This situation is typical of what has been going on in the High School.

There is so much tension. This is just one more thing we have to deal with - it's frustrating."

Later that day junior Jayna Rozopolos said, "It's incredible how much time is cut from our formal education due to the chaos inflicted by the construction."

Junior Ashley Werner said she felt like her entire High School experience has been ruined by incidents such as this one.

### Fire chief

Fire Chief Harold Wright made a special appearance at the scene, despite being on vacation. Deputy James Lynch, who was also there, said school was dismissed for the rest of the day as a precaution. The two men left only after the safety of the staff and students was assured.

At approximately 9:55, students were allowed to go to their lockers. Ben Loring, senior, said, "It was chaos." Students were scurrying to get out, but teachers remained calm and tried to maintain order.

Gordon Wade, a junior, said, "We're getting out of school again!"

Students screamed, "Star Wars starts today," along with jokes such

(Continued on page 29)

# LETTERS

## Town counsel answers letter-writer

Editor, *Townsmen*:

I am writing in response to a letter written by Richard Pangonis relating to a proposed subdivision off Rocky Hill Road which appeared in your Jan. 30 edition. ["*Watching the wetlands*," page 28.]

A brief history of the proposed project would be helpful. The developer requested approval for a subdivision in 1995 and Mr. Pangonis' attorney wrote to the Planning Board in opposition to the subdivision. After public hearings, the developer's request was denied by the Planning Board, and the developer then filed suit against the Planning Board, challenging the denial. I represented the Planning Board and the case was dismissed. The developer has filed amended plans for subdivision approval, and a public hearing is scheduled on those plans before the Planning Board.

In 1995, the Conservation Commission issued to the developer an Order of Conditions for the proposed project, including wetlands restoration on the site. Subsequently, as a result of an appeal to the Massachusetts Department of Environmental Protection, the DEP assumed jurisdiction of the matter, issued a superseding Order of Conditions and concluded that the project should be allowed. The DEP wrote that through separate enforcement activity conducted by the DEP, the developer has agreed to accept responsibility to mitigate for past wetland violations on the site concurrently with development activity, including restoration of previously drained ponding areas. It is within the jurisdiction of the DEP to monitor compliance with its Order, so at this time the Conservation Commission is not pursuing other independent, more costly, court actions relating to past wetlands violations on the site.

Nevertheless, even though the DEP assumed jurisdiction of the wetlands violations in the context of the subdivision development activity, I will address the issue of the statute of limitations for wetlands violations because the issue was raised by the writer.

In the letter, the writer asserted that I have "repeatedly taken the position that the town cannot enforce the wetlands laws because two years have passed since the lands were altered." The writer also wrote that "There is no such statute of limitations contained anywhere in the state wetlands laws." Both statements are incorrect.

The applicability of a statute of limitations under the wetlands law depends upon the legal theory which is the basis for the court action. If a person who placed fill in a wetlands is found guilty in a criminal prosecution, the penalty could be imprisonment or a fine or both, but in a 1988 case, the Massachusetts Supreme Judicial Court decided that there is a specific two-year statute of limitations for such criminal prosecutions. (Mr. Pangonis' attorney knew of the statute when the attorney wrote to me in 1995 and quoted from it.)

Different considerations apply to civil actions for injunctive relief. In 1993, the Massachusetts Appeals Court decided that a city could obtain an injunction against a landowner who placed fill in a wetlands area

even though the lawsuit was commenced almost four years after the fill was placed, despite the claim by the landowner that a two-year statute of limitations applied. The court decided that the presence of the fill was a continuing violation, warranting injunctive relief and that such a proceeding was not barred by the statute of limitations.

The wetlands act also provides for a three-year statute of limitations on certain actions against a new owner of land on which the violations previously occurred. In correspondence in 1995, Mr. Pangonis' attorney also referenced that provision of the wetlands law.

In essence, a statute of limitations exists for certain criminal actions, but for some civil actions seeking injunctive relief against a person who committed the violation, the facts of the situation may be such that the case might not be barred by the statute of limitations. Therefore, the facts of each case and the particular relief sought (criminal or civil) will dictate the applicability of the statute of limitations.

Finally, with regard to a suggestion by the writer that my legal advice might be influenced by factors other than the best interest of the town, I would rather not lend credibility to such a suggestion by making any response, other than to deny such a suggestion categorically and emphatically.

Thomas J. Urbelis  
Andover Town Counsel

## We need to protect our precious wetlands

Editor, *Townsmen*:

If it's true, as alleged in Richard Pangonis' Jan. 30 letter to the editor, that the owners of 38-40 Rocky Hill Road were responsible for illegally filling wetlands located on the property, then I expect my town officials to (1) ensure that the recent application to subdivide the land will never be granted and (2) demand restitution of the wetlands as far as is possible.

Clearly, the disruption to the ecosystem cannot be undone. However, a genuine attempt at restitution is the least that is owed the community. Andover depends on these and other wetlands for the proper functioning of our water supply and for the subsistence of our remaining wildlife. That is why it is against the law to tamper with them.

Frances Y. J. Wheeler  
4 Hillcrest Road

## Students need to be able to gather somewhere

Editor, *Townsmen*:

To that person who called Sound Off (Saturday, Jan. 25) complaining that the Andover town office building is not a place where the youth of Andover should congregate, I say, "If not here, then where?" This is not a library and the multi-tasked activities conducted at the Andover Youth Service (AYS) office is bound to create a stir.

The youth of Andover have been and continue to be treated unfairly just like the New England Patriots. They say, "We want you to be welcome, you need a place to go but not

here, not near my work place, not near where I live, try somewhere else." These nay-sayers, as you can well imagine, do not offer any alternatives. We try as best we can to make do with what is given to us and there is always someone who tries to deny us what little we do get. If those who feel we are creating a problem at the town offices would only investigate the actual activities that are being conducted at the AYS office, I'm sure they would more than tolerate what we are doing - they may even appreciate what is trying to be accomplished.

The formation of the Youth Council in 1994 gave some hope to this sad situation and it offered a forum where we could express our thoughts, make suggestions, create ideas for worthwhile causes and receive assistance and guidance in making some of our suggestions actually turn into a reality. This office, headed by Mr. Bill Fahey, a very caring and understanding person, has, since it began, opened its doors to all the kids in Andover and has listened to everything we had to say and has offered advice and guidance so that we can enhance our lives and make us feel more productive, more constructive and definitely better about ourselves.

Today's young people are the future of this community and we need to be allowed to participate in making decisions regarding things that can enhance our future as well as that of the community.

Right now, the local AYS office is the only place we have where we can gather, vent our

frustrations, make suggestions as to how the kids can best be served and actually have someone listen to what we have to say, offer constructive advice, and help us to achieve.

It is not our intent to disturb the everyday business conducted by the town and, if there has been an excess of noise, it has been the result of having this office be used for its intended purpose - as a sounding board for suggestions, complaints and all other related activity. The space is really too small for the kids who want to participate. At times, with all that is happening, this may distract other town-related business. This is by no means intentional but you must realize that kids, in their enthusiasm to get things done, will generate a "constructive noise" - that of accomplishment.

Right now the AYC is conducting a clothing drive and the youth service room is being used to house clothes that were donated from people all over the Merrimack Valley.

In addition to that, one of our kids has offered to paint a mural on the walls. And every Monday night Andover Youth Council members congregate to discuss future youth activities. Yes, there is noise, but what you are hearing is the noise of the kids doing something productive and constructive. This is Andover's youth AT WORK.

Thank you on behalf of the youth of Andover.

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# Townsmen EDITORIALS

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## Communication between the town and AHS

Parents of Andover High School students are concerned about the safety of their children. During construction there have been several accidents, including last Friday's leakage of fumes. Approximately 150 parents showed up Monday at a forum at West Middle School to discuss their concerns. In fact, they're concerned enough to want the High School closed and for double sessions to be run at the middle schools to ensure students' safety and to help finish the building project more quickly.

We don't blame parents for being concerned.

It seems close to impossible to run double sessions at middle schools at this time. Some of the stumbling blocks to that idea would be negotiating with the teachers' union to change schedules and the overwhelming task of moving books, lab equipment, computers and much more to the adjacent school.

In the meantime, town officials seem to have heard parents this time. Heretofore, there has been a communications gap between what happens at Andover High and what and when officials hear about noise, cold classrooms, intercoms not working and more.

Here are some of the town's plans to make the school safer during construction (and there are others):

- Have a person working for the town in the tax voucher program at the school every day, seeing, feeling and hearing what students and staff there are experiencing and feeding back to town officials.
- Have someone from the building inspector's office, someone from municipal maintenance and someone from the fire department check the school every day.

- Create a buffer zone between construction work and student areas.

That's a good start. Parents need to know officials hear them.

## Thank you for responding

And finally, a thank you to all the new candidates who heeded last week's editorial and are now helping make our election process healthier.

## Plunge or pledge

Photo by Lisa Adelsberger

These local residents are practicing for their Polar Plunge Sunday, Feb. 9, at 10 a.m., Curley Recreation Center, 1663 Columbia Road, South Boston, in Boston Harbor. Faking it for now are Tom Carroll of Andover (no shirt, in back), Steve Gesing of Andover (fur hat, dark glasses), Lisa Doucett of Andover, Brian McSweeney of Winchester (in the inner tube and straw hat) and Peter Carlson of Andover (far left, with lots of clothes on). Brian McSweeney recently appeared before the Andover Rotary to challenge members to take the plunge for a good cause. Proceeds benefit the Massachusetts Foundation for Children, of which Lisa Doucett is director and Steve Gesing is one of the top pledge-getters from 1996. Kathleen O'Brien, trustee of the Professional Center for Handicapped Children in Andover, supports this effort as the Center is a beneficiary of funds from the Massachusetts Foundation for Children. To plunge or to pledge, call 617-648-6207.



## Skippy the dog: A tail of 3 kids and a dog

By Perry Colmore

When I was a kid, my sister and brother and I sometimes called ourselves "Three Dollies." I don't recall how that came about. And we didn't use it all the time, only when we were getting along and doing something fun together.

Many many years ago, when we lived in Charlotte, N.C., we had a small fish pond in our back yard. It was probably eight feet in diameter. The neighborhood dogs used to drink from it. It was common to walk into the backyard and find a dog - and there were several in our neighborhood - front paws in the water, butt in the air, lapping away at the cool, clear water.

We loved the dogs in our neighborhood, including Rocky who sometimes was ours and sometimes the Mauzys, depending on whose parents could stand having Rocky around at that time. There was Lassie with the long, pointy nose, who belonged to Lucinda Mason, and who looked like the real Lassie.



There were others.

Skippy was one of the others. Skippy was some kind of a terrier. He was small, black, white and brown, cute but unfriendly. He ran around looking sort of like a sandpiper, his legs moving so rapidly you barely could pet him. You might get one short run down his smooth back, but then he was gone.

Skippy annoyed us. He was the only one who didn't act like a dog. He was unfriendly. He wouldn't come when we called him. The truth was, we thought he didn't like us. So we didn't like him.

Once, when we were acting like Three Dollies, we decided it was time to do something about Skippy. We decided to make Skippy like us. I don't know which one of us devised the plan, but I can see us doing it. We probably were something like 6, 8 and 11. I am the youngest, my sister's the oldest. It was all very exciting and our plan was elaborate.

On the appointed day, we waited until Skippy came to take his afternoon drink from the pond. Front paws in, butt in the air, it was our chance. We snuck up behind him and shoved him in the pond.

Then quickly we fished him out, wrapped him in towels and took him into a room off the garage that had a

special heater in it. We towed him off, stroked him and fed him - I kid you not - graham crackers and milk! I have no idea how we chose Skippy's meal. I guess it was what we thought we'd have wanted had we fallen in the pond on a chilly day.

Now here's the interesting part:

Today, my sister doesn't remember the incident all.

My brother remembers it well, he says, but he says the plan to make Skippy like us didn't work. He says Skippy remained the aloof, detached, skiddish dog we'd tried to convert.

And wouldn't you know it, my memory is that the Three Dollies' plan worked, that Skippy loved us from that day on.

The moral of this story?

Let drinking dogs lap.

You can lead a dog to the water, but pushing him in doesn't get it.

You can fool some of the dogs half the time, but not Skippy.

Ah well, I guess there's no moral to this story, just some fun with a childhood memory. How about sharing your childhood memories. Send them to me online (Townsmen@aol.com) or by fax (508-470-2819) or by mail (Andover Townsman, 33 Chestnut St., Andover MA 01810).

Thanks for sharing.



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# Professional Profile



From the left, front row, Kathleen Desmond and Felix Consilvio, back row, Robert Abruzese and Robin Barclay

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Robert G. Abruzese, a 1969  
graduate of Suffolk University Law  
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cializes in business representation,  
municipal law and estate planning  
and administration. He is a life-long  
resident of Medford.

Felix J. Consilvio, a 1969 Boston  
College Law School graduate has  
extensive experience in all areas of  
general practice. He now concen-  
trates on real estate law, including  
conveyancing and property disputes.  
Mr. Consilvio has two children and  
lives in Lexington.

Robin M. Barclay was employed

as a prosecutor for the Office of the  
Attorney General in Boston from  
1983 to 1986, and retained the posi-  
tion of Special Attorney General  
through 1995. A graduate of Boston  
University School of Law, she has  
specialized in the fields of personal  
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tion. She joined the firm in 1986.

Kathleen A. Desmond specializes  
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## DOWN THE YEARS

(Continued from page 26)  
health team which served Andover Schools once a week for several years in the past.

Exchange educator Stephen Switzer, headmaster of a Tennessee day school, is visiting as a New England headmaster at Abbot Academy.

Opinion - Veterans: A bill presented for consideration by the state legislature this year should get short consideration and an immediate negative response by the salons. The proposal is to include the offices of veterans services. Such consolidation at this stage should be classed as unthinkable.

### 10 Years Ago - February 1987

Town policies rally set at Ford's. While snow sifts from a gloomy sky down on the cars on Main Street, people inside Ford's Coffee Shop are dry and warm, a reverse oasis in a desert of damp. It's time, the faithful are gathering at Ford's Coffee Shop. They sit. They lean flannel-wrapped elbows on the counter. Fogged spectacles; lumpy pink hearing aids... Someone says "We're closing the membership for this year."

Artist Sam Cady will present a seminar at the Addison Gallery of American Art on Thursday, at 6:30. He will discuss his works which involve the "interaction between everyday man-made forms of shelter or containment and nature in all its moods."

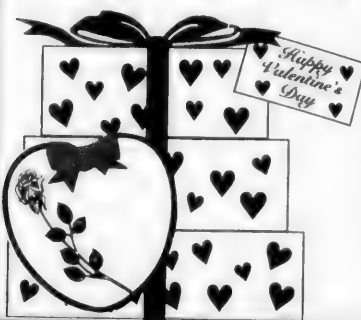
Bon Secours Hospital will present a "Kindly Care Kid Fair" for children ages 4-12 and their

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American Heart Association will provide information for parents on special

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# POLICE LOG

(Continued from page 34)

sell the PA students drugs.

At 7:39 p.m., four young persons, three 17-year-olds and an 18-year-old, were caught with liquor behind town offices on Bartlet Street. Their parents were notified, but no arrests were made.

Sunday, Feb. 2 - At 11:06 p.m., A Brechin Terrace resident reported that a woman knocked on her door and asked for money, saying that her husband had just come from the hospital and needed a prescription filled. The woman had left the area before police arrived.

## ACCIDENTS

Tuesday, Jan. 28 - At 5:05 p.m., a cruiser driven by Officer Lee Britton was struck and damaged in the parking lot at the Andover Marriott. Officer Britton was responding to report a domestic problem there at the time.

Accidents were also reported at the following dates, times and locations:

Tuesday, Jan. 28 - 7:03 a.m., minor, 37 Tewksbury St.;

5:16 p.m., 120 Woburn St. one car off road;

Wednesday, Jan. 29 - 9:32 a.m., Summer Street and Whittier Street;

Friday, Jan. 30 - 1:33 p.m., hit and run, 288 Lowell St., car vs. pole for overhead light;

11:15 p.m., 10 Cross St., limo driver reports

deer struck side of car and was injured;

Friday, Jan. 31 - 3:29 p.m., 361 N. Main St.; 8:52 p.m. 50 Osgood St., pickup truck off the road;

Saturday, Feb. 1 - 8:30 a.m., 2 Woburn St., one car;

Sunday, Feb. 2 - 6:58 p.m., 20 Union St.;

7:19 p.m., 413 S. Main St.;

Monday, Feb. 3 - 4:28 p.m., 1 Elm Square, hit-and-run involving parked car;

5:17 p.m., 149 Haverhill St.;

9:49 p.m., 8 Chandler Road, car vs. pole.

10:22 p.m., 365 Lowell St., car off road on boulder.

## BREAKS

Tuesday, Jan. 28 - At 1:37 p.m., three cars were reported broken into in the Andover High School parking lot.

Wednesday, Jan. 29 - At 2:36 p.m., a break into a room was reported at the Andover Marriott.

Friday, Jan. 31 - At 6:54 a.m., a break into an apartment was reported on Main Street.

## THEFTS

Wednesday, Jan. 29 - At 1:40 p.m., hubcaps were reported taken off a car parked on Poor Street.

Thursday, Jan. 30 - At 5:02 p.m., a sculp-

ture was reported taken from a business at 28 Chestnut St.

## VANDALISM

Wednesday, Jan. 29 - At 2:39 p.m., kids reportedly entered a Municipal Maintenance Department van behind West Elementary School and released the contents of a fire extinguisher inside it.

At 4:53 p.m., a car was reported damaged with a bat a day earlier at Greater Lawrence Technical School.

Sunday, Feb. 2 - At 3:59 p.m., a car was damaged at the Andover Marriott.

## CAR THEFTS

Tuesday, Jan. 28 - At 1:24 a.m., a 1991 Toyota Camry previously reported taken from Bulfinch Drive was recovered in Lawrence.

At 8:24 a.m., a 1987 Jeep Cherokee previously reported taken from Plaistow, N.H., was recovered on River Road.

Saturday, Feb. 1 - At 12:56 a.m., a 1984 Pontiac Grand Prix was reported taken from a residence on Topping Road.

Sunday, Feb. 2 - At 1:35 p.m., a car previously reported taken from Andover was recovered in Lawrence.



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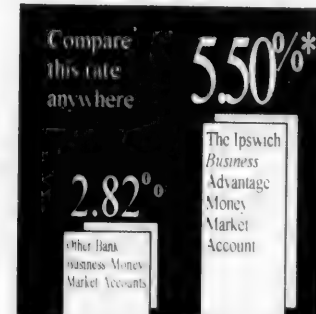
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# POLICE LOG

## ARRESTS

Tuesday, Jan. 28 - At 4:50 p.m., Pedro P. Tavares, 67, of Lawrence, was arrested and charged with assault and battery and threatening to commit a crime after the report of a domestic situation at the Andover Marriott on Old River Road.

Wednesday, Jan. 29 - At 8:10 a.m., Mark J. Lee, 25, of 1 Elm Court, was arrested on Main Street and charged with operating after suspension of his license, after revocation of his registration and without an inspection sticker, and on a North Reading larceny warrant.

At 10:51 a.m., Omar Reyes, 19, of Lawrence, was arrested at the police station and charged on an Andover warrant for operating uninsured and failure to yield at an

intersection.

Thursday, Jan. 30 - At 3:32 p.m., Alice K. Rodil, 38, of Bolton, was arrested and charged with being a disorderly person after the report of a domestic dispute at the commuter lot on Dascomb Road.

Friday, Jan. 31 - At 2:22 a.m., Carolann Silva, 33, of Haverhill, was arrested on South Main Street and charged on a default felony warrant for larceny by check.

Saturday, Feb. 1 - At 2:59 a.m., an officer found a stolen vehicle with its engine still running and two snowmobiles in the back on Corbett Street. John Crow, 17, Michael Kenny, 18, and Christopher M. Lavalley, 18, all of Lawrence, were arrested and charged with three counts each of possession of

a stolen vehicle.

At 3:31 a.m., police received a 911 call from a residence on Brookside Drive. No one was on the phone, but the dispatcher could hear a woman in the background saying someone was about to hurt her, then the phone was hung up. After three phone calls to the residence police arrived and found a domestic assault had allegedly occurred and the boyfriend had fled on foot. Robert T. Deshaies, 42, of Lawrence, was arrested and charged with malicious destruction of property, breaking and entering with intent to commit a felony, assault and battery and intimidation of a

witness.

Thursday, Feb. 2 - At 1:33 a.m., a fight in the street involving several men was reported on Foster Circle. Two Haverhill men, one 21 and the other 19, were placed in protective custody.

At 4:12 p.m., Christopher Bodge, 44, of 4 Henderson Ave., was arrested at his house and charged with assault and battery after the report of a domestic dispute at the residence.

Monday, Feb. 3 - At 11:13 a.m., Emily C. Radina, 50, of 22 Railroad Ave., was arrested at her apartment and charged with assault and battery on a family member after the report of a domestic

dispute at the residence.

## INCIDENTS

Tuesday, Jan. 28 - At 11:26 a.m., Steve Richardson, assistant principal at Andover High School, requested an officer at the school to take a report of a fight that occurred there at the end of the previous week.

At 2:32 p.m., a restraining order was served at Brickstone Square.

Wednesday, Jan. 29 - At 1:23 p.m., Jack Norton, manager of Athlete's Corner and the Barnard Building at 10-16 Main St., requested an officer after youths set fire to toilet paper rolls in a second floor bathroom in the building.

Detectives took photos of the damage and the fire department is investigating the incident.

Thursday, Jan. 30 - At 7:15 a.m., a Ballmor Street woman reported having a problem with a person walking a dog and letting it off the leash. An officer spoke with the complainant.

Friday, Jan. 31 - At 9:22 p.m., a woman reported a restraining order violation at a business on Essex Street. An officer requested a warrant for the alleged violator, a 28-year-old man whose last known address was in Lawrence. The suspect already had three outstanding warrants against him, including one

related to a similar restraining order violation on Essex Street and involving the same woman a month ago.

Saturday, Feb. 1 - At 7:02 p.m., Phillips Academy security reported that two young men, approximately 16 years old, allegedly approached a group of PA students near town offices on Bartlett Street and offered to

(Continued on page 35)

## THE REAL ESTATE CORNER



with Pamela Lebowitz

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## SPORTS

# AHS women's gymnastics team completes undefeated championship season (again); men's b-ball team qualify for Eastern Mass. Tournament

## AHS SPORTS ROUNDUP

By Rick Harrison

Charlotte Muller scored her 998th career point for the undefeated, top-ranked Andover High women's basketball team, the AHS women's gymnastics team completed another undefeated championship season, and the men's basketball team qualified for the Eastern Mass. Tournament to highlight recent winter sports action.

The men's gymnastics team also registered its first two dual meet victories of the season, the women's indoor track team remained unbeaten, the ice hockey team stretched its win streak to four games, and both ski teams completed winning campaigns in the North Shore League.

## MEN'S BASKETBALL

The Andover High men's varsity basketball team qualified for the Eastern Mass. Division 1 Tournament for the eighth straight year under current coach Dave Fazio, clinching the berth with a 76-64 victory over Haverhill.

However, in Tuesday's battle to stay alive in the Merrimack Valley Conference Large School Division title race, the locals came up short as undefeated Eastern Mass. Division 1 No. 1 Central Catholic spanked AHS, 75-53.

In other recent play, the Golden Warriors' five-game win streak was snapped in a 41-37 loss to a struggling Lowell High team prior to consecutive victories over Chelmsford (65-57), Haverhill and non-league rival Barnstable (72-44).

The locals, 11-4 overall and 6-3 in league play, have four of the remaining five regular season games away from home.

The locals play at Billerica tomorrow night (7:30 p.m.), complete the home-and-home non-league set with a game at Barnstable on Sunday (3:30), and travel to play at Methuen next Tuesday (7:30).

### Scoring race

After 15 games Corry McLaughlin has 284 points (18.9 average), Brendan Long 166, Jeff Danis 125, Mark O'Sullivan 114 and Dave Kodinsky 104.

### Central Catholic 75 Andover 53

A victory in this game was an absolute must if the Golden Warriors were to continue dreaming of a fourth league title in five years.

But powerful Central had other ideas, grabbing a 36-27 halftime lead and outscor-

ing AHS 39-26 after the break.

The Raiders put the clamps on Corry McLaughlin, holding the big center to a pair of field goals and 13 total points.

Jeff Danis contributed 11 points, Brendan Long nine, Mark O'Sullivan five and Dave Kodinsky five.

Dave Hajjar pocketed four points, Joe Maglio and Ryan Games had one field goal each, and Rob Oppenheim converted a pair of free throws.

Mike Shaughnessy paced the balanced Central attack, which featured five players in double figures, with 16 points.

The veteran Central crew, the pre-season pick to win the league with virtually everyone returning from last year, completed a season series sweep which included an earlier 72-63 win on Jan. 3.

The 75 points were the most allowed this season by Andover.

### Andover 65 Chelmsford 57

The Golden Warriors were protecting a slim two-point 57-55 lead with 35 seconds to play, but broke it open when junior guard Brendan Long buried his fourth three-pointer of the game.

Two free throws and a lay-up off the steal of a Chelmsford in-bounds pass added further insurance in the closing seconds.

Captain Corry McLaughlin was game-high scorer with 23 points, while Long had his biggest night offensively with 20 points (all in the second half).

Captain Mark O'Sullivan pumped in eight points, junior guard Rob Oppenheim had six, Dave Kodinsky five, Ryan Games two and Jeff Danis one.

Chelmsford (9-6) played well even though standout guard Matt Scomis (21 ppg. average) was lost in the opening two minutes with an injured left hand.

Jesse Santos scored 16 points, Anastasios Kastrinakis 14, Christian Erhartic (6'8", 330 pounds) 11 and Andy McCabe had eight rebounds for the Lions.

## ANDOVER SCORING

### MEN'S BASKETBALL (15 games)

	FG	FT	Pts
Corry McLaughlin	93	98	284
Brendan Long	59	29	164
Jeff Danis	47	31	125
Mark O'Sullivan	42	30	114
Dave Kodinsky	35	12	104
Ryan Games	24	13	61
Dave Hajjar	16	10	42
Rob Oppenheim	8	6	22
Joe Sciolla	4	1	9
Pat Annese	2	5	9
Joe Maglio	3	2	8
Chris Drizen	2	0	6
Brian Anderson	1	0	2

3-pointers: Kodinsky 22, Long 17, Drizen 2.

### Andover 76 Haverhill 64

The Golden Warriors exploded for 43 second-half points at Haverhill, and outscored the Hillies 24-18 at the free throw line and 18-6 from behind the three-point arc.

Corry McLaughlin poured through a game-high 23 points to lead the winners, while Dave Kodinsky added 16 points including four treys.

Also contributing to the biggest outburst of the season were Brendan Long with nine points, Mark O'Sullivan eight, Jeff Danis seven, Ryan Games six, Dave Hajjar four, Rob Oppenheim two free throws and Joe Maglio one charity.

Long passed out nine assists, Danis pulled down 14 rebounds and O'Sullivan had eight boards.

The 76 points surpassed the previous high of 70 achieved twice in victories this season, against Greater Lawrence Regional in the Christmas Tournament (70-41) and versus non-league opponent Lexington (70-50).

### Lowell 41 Andover 37

Lowell, a Jekyll-and-Hyde team all season, won the low-scoring game dominated by the rival defenses.

The Red Raiders, who held AHS 20 points below its previous low for the season (57 versus Needham), led 22-21 at the half.

With four minutes left in the game the score was tied, 33-33.

Jeremy Richardson tossed in four straight points to put Lowell ahead to stay, and the Golden Warriors managed only four points in those closing four minutes.

Corry McLaughlin was the only Golden Warrior in double figures with 15 points.

Ryan Games and Dave Kodinsky tossed in six points each, Jeff Danis and Mark O'Sullivan both had four, and Brendan Long contributed two points.

The equally-stingy Andover defense held two-thirds of Lowell's Big Three, Chris Burns and Chris Degree, to four points each.

But Richardson finished with a game-high 17 points, T.J. McKiernan came out of nowhere to score 12, and Burns was effective off the boards with 11 rebounds.

Lowell remained under .500 with a 5-6 overall record.

### Andover 72 Barnstable 44

A dozen players figured in the scoring as the Golden Warriors spread the floor time around and routed the visiting Red Raiders in a non-league Sunday matinee at the Dunn Gym.

Mark O'Sullivan had his biggest offensive game of the season with 15 points, while Corry McLaughlin was game-high with 17 and Dave Kodinsky also hit double figures with 11.

Brendan Long tossed in eight, Pat Annese and Jeff Danis four each, Chris Drizen and Dave Hajjar three apiece, Brian Anderson two, Ryan Games two, Joe Sciolla two and Joe

Maglio one free throw.

The Golden Warriors tossed in six three-pointers, led 37-15 at the half and winless Barnstable (0-15) didn't have a player in twin digits.

## WOMEN'S BASKETBALL

Charlotte Muller scored her 998th career point, and the powerful Andover High women's varsity basketball team moved within four victories of a perfect regular season and No. 1 tournament seeding with two more wins.

The Merrimack Valley Conference Large School leaders, ranked No. 1 in every poll around, moved to 11-0 in league play and 16-0 overall with a 67-47 romp over Haverhill and a lopsided 82-48 win at Central Catholic.

"The scary thing is we can still play much better," said head coach Jim Tildsley. "We haven't peaked yet."

Three of the final four games are at home, beginning with tomorrow night when Chelmsford comes to town (7:30 p.m.) and Muller nets her 1,000th point.

The Andover juggernaut can clinch the MVC title, the school's first after a long series of frustrating second and third place finishes behind Haverhill and Methuen, by beating the Rangers next Tuesday night at the Dunn Gym.

The final league game is next Friday night (Feb. 14) at Tewksbury, and a non-leaguer is scheduled on Sunday, Feb. 16 versus Brookline (5:30 p.m.).

### Scoring leaders

After 16 games, Charlotte Muller led the AHS scoring parade with 281, Sue Tully had 175, Sarah Muller 155, Laura Orlando 114, Janice Coppolino 75 and Lindsey Pearson 66.

### Andover 67 Haverhill 47

After beating the three-time defending State Division 1 champions (9-5) by 19 points (61-42) on Dec. 20, the Lady Warriors did themselves one better with a 20-point victory in the rematch.

Andover led 32-23 at the half and steadily pulled away over the final 16 minutes when it outscored the Hillies, 35-24.

"We played much better in the second half," said coach Tildsley. "Early in the game Haverhill was getting to a lot of loose balls and rebounds. They were scrambling and gambling, while we didn't box out well and had some breakdowns under the boards."

"We moved the ball very well," noted the coach. "Haverhill used a

## ANDOVER SCORING

### WOMEN'S BASKETBALL (16 games)

	FG	FT	Pts
Charlotte Muller	102	40	281
Sue Tully	74	27	175
Sarah Muller	54	19	155
Laura Orlando	47	20	114
Janice Coppolino	35	5	75
Lindsey Pearson	31	4	66
Kristen Foley	20	6	46
Viki Pierce	6	5	17
Courtney Barron	6	0	12
Jenna Hartwell	5	2	12
Julie Litzenberger	2	0	4
Lauren Sweeney	2	0	4

3-pointers: C. Muller 37, S. Muller 28.

three-quarter court press for much of the game but we handled it."

Charlotte Muller and Sue Tully combined for 40 points, Muller once again sharp from behind the arc as she drained five treys on the way to 21 points.

Tully contributed 19 points in a triumphant return after a bout with the flu bug, and the 6'1" senior center and team captain also had 13 rebounds and seven blocked shots.

Laura Orlando tossed in 12 points, Lindsey Pearson had six points and six rebounds, Janice Coppolino four points and eight boards.

Sarah Muller netted three points, passed out eight assists and broke the Haverhill press consistently.

Viki Pierce netted two points and joined Kristen Foley as defensive standouts.

Charlotte Muller distributed seven assists and had two steals to augment another big offensive performance.

### Andover 82 Central Catholic 48

Topping their previous high point total by 15, the Lady Warriors played 11 players in the scoring column and rolled over the first-year Central crew after taking a 46-16 halftime lead.

The Andover starters were lifted after the opening minute of the second half.

"Our press really bothered them," said coach Tildsley. "We pressed full court for the first eight minutes and broke out to an 18-2 lead by scoring a lot of points off steals and transition."

Sarah Muller led four players into double figures with 14 points and she also produced three steals.

Lindsey Pearson had a season-high 12 points and pulled down seven rebounds, while Kristen Foley added 12 points, eight boards and Laura Orlando 12 points.

Charlotte Muller tossed in eight points, passed out eight assists and had three steals.

Sue Tully contributed six points, eight rebounds and five assists, Janice Coppolino four points, nine



# SPORTSTALK

By Rick Harrison

Babson College forward **Scott Munroe**, an Andover native and 1996 graduate of Phillips Exeter Academy, is having a fine season for the Babson hockey team.

The 5'10", 175-pound Munroe is third on the team in scoring with six goals and three assists through 16 games, with all nine points coming in Babson's 11 ECAC East games.

Munroe, a top scorer at Andover High two years ago, netted the tying goal late in the third period of a recent 2-2 deadlock with nationally-ranked Hamilton

College.

Through games last weekend, Babson was 7-8-1 overall and 5-5-1 in ECAC East play.

\*\*\*

Amanda Schaaake of Andover is a top diver on the Hartwick College women's varsity swim team.

Schaaake, a gymnastics and swim standout at Andover High four years ago and now a senior at the Oneonta, N.Y., college, helped Hartwick to a 32-0 sweep

(Continued on page 40)

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by Richard D. Hopgood, D.M.D.



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Although periodontal diseases are caused by plaque, other factors such as impacted food, smoking, poorly fitting bridges, defective restorations, medications, poor diet, and bad habits (like tooth grinding) can increase the risk, severity, and speed of development of the condition. You can still have good oral health, though, by following your dentist's advice and practicing plaque control. For a full range of dental services at 296 Lowell Street, Rt 133 (with easy access off Rt 93), we welcome your call at 475-2431.

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# AHS SPORTS ROUNDUP

(Continued from page 38)

oval yesterday when they hosted Chelmsford.

The New England Elite Relay Meet is scheduled Saturday at the Lewis Center, and next Wednesday afternoon it's back to the MVC dual meet wars when Billerica comes to town (3:30 p.m.).

## State Class B Relays

The AHS men won two events, finished second in another and set two new school records on the way to fourth place with 29 points.

The only schools ahead of the Golden Warriors were champion Reading (49 points), runner-up Central Catholic (43), and third place Xaverian (33).

Posting both a first place and a school record was the 4x50 meter hurdles team of Peter Ellis, Phil Ayoub, Long Dang and Chris Hartwell, who finished in 27.00 seconds.

The other victory went to the sprint medley quartet of Donnie Pattullo, Matt Aufiero, Matt Yost and Matt Herling who combined for a 3:44.24 clocking. Pattullo ran the 800 meters in 2:03.7, Aufiero the 200 meters in 23.2, Yost the 200 meters in 24.4, and Herling the 400 meters in 53.0.

The other school record was chalked up by the 4x50 meter relay team, which finished second in 22.74 to eclipse the AHS mark of 22.80. Yost, Brett Sinowsky, Mike Orlandella and Dave Sullivan comprised the team.

The final Andover point came from the sixth-place distance medley crew of Herling,

Ayoub, Pattullo and Collins who crossed in 11:26.58. Herling ran the 1,200 meter leg (3:32.4), Ayoub the 400 meters (56.4), Pattullo the 800 meters (2:07.4) and Collins the 1,600 meters (4:50.5).

The Lady Warriors scored 24 points to trail only champion Reading (42 points), Springfield Cathedral (30) and third-place co-finners Shrewsbury and Danvers (28 each).

AHS did all its damage with three second places from the high jump trio, 4x800 relay and distance medley relay.

High jumpers Erin Harris (4'4"), Liz Connors (4'8") and Stephanie Brown (5'0") combined for a height of 14 feet.

The 4x800 legs were run by Kristen Munson (2:29.0), Kacie Dexter (2:33.8), Abby Clarke (2:36.1) and Katherine Blais (2:36.2) for a combined 10:06.50 clocking.

In the distance medley, which registered a 13:28.52 time, Munson ran the 1,200 meters (4:04.3), Kate Sullivan the 400 meters (69.5), Dexter the 800 meters (2:35.7) and Blais the 1,600 meters (5:38.9).

## Andover women 59 Haverhill 27

The Lady Warriors placed first in six of the 10 events, with the spotlight performance by junior Barbara Contos whose winning 7.4 time in the 50-yard hurdles was a personal best.

Other first place finishers were junior sprinter Beth Har (50 dash, 6.6), sophomore Leslie Ring (600 run, 1:44.4), freshman standout Kacie Dexter (1000 run, 2:59.8), junior

miller Katherine Blais (5:42.8) and senior high jumper Stephanie Brown (5'0").

Andover swept the 50, 600 and mile. Senior Nolia Hill (6:65)

and Chidima Ibe (6.7) were 2-3 in the dash, junior Nikki Winters and Katie Murray tied for second in the 600 run (1:46.2), juniors Meghan Roth (6:04.2) and Liz Kelley (6:11.9) were 2-3 in the mile.

Other runners-up were freshman Megan

Munroe (300 dash, 43.1), senior Captain Abby Clarke (1000 run, 3:04.4), sophomore two-miler Pam Muller (13:44.7) and sophomore shot putter Nikki Shoemaker (27'9 1/2").

Completing the scorers with thirds were senior hurdler Catherine

Ostrowsky (8.2), Katie Sullivan (300 dash, 43.3), sophomore 2-miler Janel Ricci (13:51.9), freshman high jumper Liz Connors (4'6") and sophomore shot putter Michelle Mills (27'2 1/2").

**Andover women 60 Central Catholic 26**

The Lady Warriors placed first in eight of the 10 events, sweeping the 600 and 1000, and in winning the 50-yard hurdles. Barbara Contos registered a 7.3 time that is the fastest in the league this season.

That was also one of 11

(Continued on page 40)

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# AHS SPORTS ROUNDUP

boards and Jenna Hartwell four points, six assists.

Julie Litzenberger and Lauren Sweeney notched four points each and Courtney Barron had one basket.

## SKIING

With close friends and fierce competitors Tim Witman and Dave Adey finishing 1-2 in most races, the Andover High men's varsity ski team has fashioned a 9-4 record with one meet remaining on the regular season schedule.

On Monday afternoon, Witman and Adey finished 1-2 against Methuen as AHS split a tri-meet by defeating the Rangers, 111-24, and losing to undefeated St. John's Prep, 97-38.

Andover also scored a pair of lopsided sweeps against Haverhill (122-13 and 99.5-35.5) and Bishop Fenwick of Peabody (129-6 and 115-20) in recent North Shore League tri-meets at the Bradford Hill Ski Area.

Witman, ranked No. 1 in the league and top 5 in the state, placed first in both those meets and also won for the fifth time this season as the Golden Warriors split a NSL tri-meet by defeating Austin Prep (98-37) and losing to Masconomet Regional (88-47).

Those results left the AHS men at 9-4 overall, trailing only undefeated St. John's Prep (12-0) and second-place Masconomet Regional (10-2) in the standings.

The top two teams at the end of the regular season qualify for the All-State Meet at Berkshire East in Charlton.

On the strength of his last five races Witman has already qualified for the State Meet as an individual competitor.

The Andover women's varsity, meanwhile, finished at 6-4 overall to place third in the North Shore League behind North Andover and Masconomet.

The locals wrapped up the regular season with 112-23 and 120-15 romps over Methuen, along with tri-meet splits against Haverhill (91-44 win) and Masconomet Regional (81-54 loss), Bishop Fenwick (95-40 win) and North Andover (93-42 loss).

The men wrapped up their regular season with a dual meet against North Andover yesterday.

## State Meet and Interscholastics

The annual Interscholastic Meet is scheduled next Tuesday afternoon (3:30 p.m.) at Bradford Hill, and the All-State Team and Individual Slalom and Giant Slalom Championship Meet is Feb. 26 at Berkshire East in Charlton.

Neither Andover team qualified for the All-State Meet as a group, but three individuals will represent the school in the competition.

The three qualifiers are Tim Witman, Christina Meuse and Monica Everett.

At next week's Interscholastics, the tentative starting lineup for the Andover men will have Tim Witman, Pat Collins, Eric Froburg, Aron Belloradio, Mike Macomber, Scott Brodsky, Jeremy Schofield and Dave Adey doing the racing.

Phil Collins and Nick Kline are penciled in as alternates.

The women will send top scorer Monica Everett (137 points), Christina Meuse (124), Beth Schapira (94), Lisa Sawin (68), Katie Witman (64), Liz Tardugno (60), Christine Sherry (53) and Anna Vining (47).

The alternates are Brittany Traynor and Sarah Walker.

## Steve Bove Meet

The annual Steve Bove Ski Meet, open to all students in grades 8-12, will be held next Thursday afternoon (3:30 p.m.), Feb. 13, at Bradford Hill.

## Andover men split

In Monday's split with Methuen and St. John's Prep, Ted Witman's 21.89 clocking was second only to Will Regis of SJP who completed his run in 21.60.

Dave Adey was second against Methuen and sixth versus SJP in 23.11, Pat Collins third and ninth in 23.29 and Jeremy Schofield fourth and 13th in 23.72.

Other local placers against Methuen were Aron Belloradio (6th, 24.29), Nick Kline (7th, 24.47), Eric Froburg (8th, 24.56), Kirk Larson (9th, 24.63), Mike Macomber (11th, 24.98), Jeff Scott (12th, 25.09), Jim Connolly (13th, 25.43), German exchange student Dirk Pahre (14th, 26.18) and Greg Roy (15th, 26.84).

The Andover JVs (10-3) also split, bowing to St. John's Prep 35-20 and blanking Methuen, 55-0.

Bob Cronin won the race (25.04) and Brent Torre was second (25.26).

Ted DeInnocentis finished third against Methuen and 10th versus SJP (26.66).

Following in order against Methuen were Yaniv Rock (4th, 27.03), Stephon Buba (5th, 27.67), Kyle McCauley (6th, 27.76), Bob Rawlinson (7th, 27.96), Andy Rubin (8th, 28.47), Sean Aylward (9th, 28.76) and Greg Scott (10th, 25.11).

## Andover men sweep

Sophomore flash Tim Witman won the race with a 22.10 time over the lengthened course (two more gates) as the Golden Warriors ripped Haverhill and Fenwick.

Flashing across the line in second place was Dave Adey with a 23.13 clocking.

"Both kids are up-country skiers," said coach Walsh. "They're good friends and they also have a healthy rivalry going."

The Golden Warriors swept the top 10 places against Fenwick and took nine of the first 10 versus Haverhill.

Captain Pat Collins placed third (23.81), and following in order were junior Aron Belloradio (24.09), freshman Phil Collins (24.46), Captain Jeremy Schofield and Jeff Scott with identical 24.50 times, Captain Bob Cronin (24.79), junior Scott Brodsky (24.89) and sophomore Nick Kline (25.18).

Eric Froburg was 12th (25.41), freshman James Connolly lucky 13th (25.45), senior exchange student Dirk Pahre of Germany (not Norway) was 14th (26.01) and Yaniv Rock 15th (26.15).

The Andover JV men posted a rare double shutout with 55-0 victories over both Haverhill and Bishop Fenwick.

Sweeping the top 10 places for AHS were winner Dave Crandall (27.17), Jordan Fuhr (2nd, 27.20), Ted DeInnocentis (3rd, 27.87), Dave Larson (4th, 28.02), Greg Roy (5th, 28.09), Josh Schulman (6th, 28.17), Kris Courtney (7th, 28.66), Matt Jaracz (8th, 28.85), Stephon Buba (9th, 29.09) and Bob Rawlinson (10th, 29.23).

## Andover men split

Tim Witman continued to dominate the league by placing first against both Masconomet and Austin Prep with an impressive 20.54 clocking.

The much-improved Dave Adey was second against Austin and sixth versus Masco (21.39), while Pat Collins took a third and seventh (21.87), Eric Froburg a fifth and 12th (22.33) and Mike Macomber a sixth and 15th (22.71).

Also contributing key performances in the victory over Austin were Jim Connolly (7th, 22.72), Jeremy Schofield (9th, 23.02) and Nick Kline (11th, 23.16).

The AHS junior varsity also split, dropping a 35-20 decision to Masconomet and pounding Austin Prep, 52-3.

Finishing 1-2 and moving up to the next varsity race were Greg Roy (24.46) and Kurt Larson (24.67).

Chris Courtney placed third (25.12) and other Andover finishers were Ted DeInnocentis (9th, 25.43), Stephon Buba (10th, 25.54), Bob Rawlinson (12th, 25.76), Matt Jaracz (13th, 25.86), Scott Aylward (14th, 26.56) and Andy Rubin (15th, 26.60).

## Andover men sweep

In the makeup of the postponed season opener, the Golden Warriors cruised past both Haverhill, 95.5 to 35.5, and Bishop Fenwick of Peabody, 115-20, for the second time this season.

Tim Witman and Pat Collins finished 1-2 against both opponents, Witman winning for the fifth time this winter in 20.53 and Collins placing second in 21.49.

Completing a sweep of the top seven places against Fenwick were Eric Froburg (21.98), Aron Belloradio (22.21), Mike Macomber (22.41), Scott Brodsky (22.53) and Jeremy Schofield (22.65).

Froburg (5th), Belloradio (6th), Macomber (8th) and Brodsky (10th) were also top 10 versus Haverhill.

Also scoring against Fenwick were Dave Adey (22.69), Nick Kline (22.82) and James Connolly (22.93).

The reliable Adey, who experienced some trouble with the icy conditions, recovered nicely to finish his run.

The Andover JVs scored another double 55-0 shutout over Haverhill and Fenwick, with German exchange student Dirk Pahre winning the race (24.22) and Chris Courtney placing second (24.66).

Completing the top 10 for AHS were Stephon Buba (3rd, 25.16), Kyle McCauley (4th, 25.69), Bob Rawlinson (5th, 25.72), Josh Schulman (6th, 25.87), Matt Jaracz (7th, 26.10), Dave Nichols (8th, 26.46), Andy Rubin (9th, 26.62) and Kevin Jordan (10th, 27.10).

## Andover women 112 Methuen 23

Captain Christina Meuse won her second race of the season with a 24.74 time, and steady Monica Everett was second in 25.97 to spark the victory over the Rangers.

The next four places also went to Lady Warrior skiers Beth Schapira (4th, 26.85), freshman Christine Sherry (5th, 27.26), senior Anna Stowe (6th, 27.30) and freshman Katie Witman (7th, 27.46).

Rounding out the top 10 for the locals were sophomore Lisa Sawin (9th, 27.77) and junior Liz Tardugno (10th, 27.85).

The Andover JV women remained undefeated with a 55-0 whitewash of Methuen.

Leading the sweep of the top 10 places were winner Katie Weaver (29.81), runner-up Allison Loosigian (30.07) and third place Emma Kremer (30.15).

## Andover women split

In the split with Haverhill and Masconomet, Monica Everett placed second to Haverhill flash Alison Skoglund with a 26.99 time.

Beth Schapira was third against Haverhill and sixth versus Masco (28.45), freshman Katie Witman fourth and ninth (30.25), freshman Anna Vining and Lisa Sawin tied for fifth and 10th (30.55), and freshman Brittany Traynor was seventh versus Haverhill (31.41).

Christina Meuse had a tough run under icy conditions, the AHS standout hitting the second gate and suffering minor injuries (chipped teeth) in the spill.

"It was a tough meet," said coach Karl Lippmann. "We had to move a lot of kids up because of sickness."

The AHS junior varsity swept past Masconomet (32-23) and Haverhill (43-12) behind the strong performances of freshman first-place finisher Phoebe Eustis (28.01), runner-up Elise Brierley and Emma Schrader.

## Andover women 120 Methuen 15

The Lady Warriors rolled past the Rangers for a second time, with Christina Meuse and Monica Everett once again the sparks.

Meuse, feeling no ill effects from the previous meet, placed first with a 22.68 clocking and Everett was third at 23.13.

Masconomet's 70-65 victory over

previously-undefeated North Andover on the same day hurt the Lady Warriors chances for a berth in the State Meet.

A Masconomet loss would have given the locals a shot at a tie for second place.

## Andover women split

The Lady Warriors put the wraps on the 1997 regular season by defeating Bishop Fenwick of Peabody (95-40) and losing to North Andover (93-42).

Christina Meuse placed first against Fenwick and third versus NA with a 23.86 clocking, while Monica Everett was second and fourth (24.23).

Also placing against both opponents were Beth Schapira (25.65), Liz Tardugno (26.24), Anna Vining (26.35) and Christine Sherry (26.75).

Other skiers who figured in the scoring versus Fenwick were Lisa Sawin (26.89), Brittany Traynor (26.91), Katie Witman (26.95) and Sarah Walker (29.08).

The AHS junior varsity finished 8-2 after a sweep of Fenwick (49-6) and North Andover (33-22).

Phoebe Eustis (28.87) and Gail Cronin (29.30) placed 1-2 and Elise Brierley also finished in the top five to spark the locals.

## INDOOR TRACK

The Andover High women remained undefeated in dual meets (6-0) with a 59-27 conquest of Haverhill and a 60-26 triumph over first-year team Central Catholic in Merrimack Valley Conference action at the AHS field house.

The men were not as fortunate, however, falling below the .500 mark (2-3) with consecutive losses to Haverhill (45-41) and undefeated three-time defending league champ Central Catholic (50-36).

Haverhill clinched its triumph by winning the final mile relay event by a mere 1.3 seconds.

In other track action, both Andover teams placed fourth at the State Class B Relays and Kristen Munson highlighted local performances at the 13th annual Auerbach Freshman-Sophomore Meet when she won the two-mile by beating a field of nearly 40 runners.

Head coach Art Iworsley's teams returned to the AHS indoor

[Continued on page 39]

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# AHS SPORTS ROUNDUP

Continued from page 37.

personal-best efforts by the locals in this meet. Other AHS victors were Nolia Hill (50 dash, 6.5), Leslie Ring (600 run, 1:39.8), Kacie Dexter (1000 run, 3:02.3), miler Katherine Blais (5:33.2), two-miler Kristen Munson (12:12.5), high jumper Stephanie Brown (5'0") and shot putter Nikki Shoenaker (28'11").

Completing the sweep of the 600 were Alison Corey (1:43.1) and Katie Murray (1:44.3), while 2-3 in the 1000 were Jocelyn Gould (3:05.0) and Abby Clarke (3:06.2).

Other AHS runners-up were Beth Har (50 dash, 6.5) and Megan Munroe (300 dash, 42.6).

Additional third places were garnered by hurdler Jessica Puccia (8.2), Katie Sullivan (300 dash, 42.8), miler Liz Kelley (6:13.6), two-miler Pam Muller (13:31.3), high jumpers Erin Harris and Liz Connors (both 4'6") and shot putter Michelle Mills (27'4").

## SPORTS TALK

(Continued from page 36) in the diving and a 133-105 dual meet victory over Shippensburg recently.

Hartwick is 7-2 thus far this season.

\*\*\*

Christina Meuse of Andover finished 15th and Lisa Sawin of Andover was 37th in the Alpine Skiing girls giant slalom event at the recent 1997 Bay State Winter Games in western Massachusetts.

Meuse is also the No. 1 skier on the Andover High varsity ski team.

\*\*\*

Former Andover High basketball standout Matt Gibson, a sophomore at Merrimack College, recently tossed in 12 points and pulled down a team-high six rebounds in 16 minutes of playing time as the Warriors outlasted Bryant College of Smithfield, R.I., 100-95, in a Northeast-10 Conference game in Rhode Island.

\*\*\*

Dana DiFiore, a sophomore forward on the Bentley College hockey team, had three goals and four assists for the Falcons through the team's first 18 games.

Bentley was 11-7 overall and 8-2 in ECAC Central play entering this week.

Joining Contos with personal-best performances were Munroe, Sullivan, Hill, Har, Ring, Corey, Murray, Gould, Clarke and Shoemaker.

### Haverhill 45 Andover men 41

The keys for the visiting Hillies were a sweep of the shot put and the pivotal victory in the final mile relay to erase a 41-40 Andover lead.

"In one of the races our kids were running 2-3 when one of them miscalculated the finish and started to sprint one lap too soon," said coach Iworsley. "He ended up not placing and that was a tough break."

The Golden Warriors' four winners were senior Captain Donnie Pattullo (1000 run, 2:31.0), senior miler and Captain Matt Herling (4:46.1), senior two-miler Todd Collins (10:26.1) and senior high jumper and Captain Peter Ellis (5'10").

Ellis suffered his first loss of the season in the 50-yard hurdles, with his 6.7 clocking a shade behind winner Greg Henderson of Haverhill (6.6).

Other runners-up for AHS were senior Dave Sullivan (50 dash, 5.8), junior Hasan Erdem (600 run, 1:23.2), senior Matt Bausemer (1000, personal-

best 2:40.6), junior two-miler Chris Rillahan (personal-best 10:44.3) and senior high jumper Mike Orlandella (5'8").

Placing third were junior hurdler Phil Ayoub (6.9), junior sprinter Matt Aufiero (300 dash, 35.5) and freshman miler Greg Stamm (personal-best 4:57.5).

Stamm broke the 5-minute mark for the first time competitively in the mile, Rillahan cracked 11 minutes for the first time and beat his previous best by 20 seconds in the deuce, and Bausemer knocked 10 seconds off his time in the 1000.

### Central Catholic 50 Andover men 36

An impressive double victory by Peter Ellis in the 50-yard hurdles and high jump sparked the AHS effort, as Central Catholic had to work hard before chalking up its 34th consecutive dual meet win.

Both teams placed first in five of the 10 events, but seven second places carried CCHS to the triumph.

Ellis tied the league's fastest hurdles time this season with a 6.6 clocking, and he completed the double by clearing 5'10" in the high jump.

Other individual win-

ners for the Golden Warriors were Donnie Pattullo (1000 run, 2:26.1), miler Matt Herling (4:53.1) and two-miler Todd Collins (10:37.0).

The only runners-up were miler Greg Stamm (4:56.4) and two-miler Chris Rillahan (10:49.8).

Placing third were hurdler Phil Ayoub (6.9), sprinter Matt Aufiero (300 dash, 35.7), Hasan Erdem (600 run, 1:23.8), Matt Bausemer (1000 run, 2:38.9) and high jumper Mike Orlandella (5'8").

Central sweeps of the 50 and shot put were costly for AHS.

Pattullo's time was the league's best in the 1000 this winter, while Bausemer, Erdem and Ayoub joined Ellis and Pattullo with personal-best times.

### Auerbach Frosh-Soph Meet

Kristen Munson ran the two-mile in 11:58.8 to nail down the only first place finish for Andover at the Reggie Lewis Center.

There were no team scores kept in the meet.

AHS athletes also earned a pair of fourth place finishes, Kacie Dexter in the women's 1000 run (2:57.4) and Long Dang in the men's 55-meter hurdles (8.68).

Miler Greg Stamm was eighth (4:59.3) and Evan Stuart 11th in the 600 run (1:23.26).

Turning in personal-

best efforts, although not placing, were Megan Munroe (41.90), Jen Lambert (43.30), Matt Spitzer (35.53) and Andy Pelletier (36.69), all in the 300 dash. Leslie Ring (1:39.9) and Mark Herling (1:25.2) in the 600, Liz Wheeler in the 55-meter hurdles (10.5) and Pam Muller in the mile (6:12.0).

## HOCKEY

The resurgent Andover High varsity hockey team stretched its win streak to four games, and completed the long climb back to the .500 mark, with a 4-1 victory over Merrimack Valley/Dual County League Division 2 rival Concord-Carlisle at the Assabet Valley Sports Arena in West Concord.

Four players netted one goal each, while John Hogan was solid in net, as the Golden Warriors squared the overall record at 5-5-2 and improved the league mark to a title-challenging 3-2-1.

Last night head coach Bill Cullen's crew played its first game in a week when it battled Division 1 power Tewksbury (11-2) at Merrimack College.

The biggest game of the season is slated Saturday afternoon at the Volpe Complex (2:30 p.m.), as AHS squares off with Boston Latin in an

(Continued on page 44)

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# WHAT'S UP

## Wintertime now less boring, thanks to AYS

By Glenn Wilson

**W**hat's up? A lot of activities have been planned by Andover Youth Services for the second half of Winter 1997. Here's a description:

**LACROSSE REGISTRATION (MIDDLE SCHOOL)**

Lacrosse registration for this spring is Tuesday, Feb. 11, from 7-8 p.m. in the second floor conference room of town offices on Bartlet Street. There will be two teams entered: 11-12-year-olds and 13-14-year-olds.

Cost is \$65 and registration will be ongoing until all spots are filled.

**WINTER LACROSSE SESSION (MIDDLE SCHOOL)**

If you are interested in playing lacrosse in the spring, check out the winter lacrosse session at the new AHS fieldhouse. This session is designed for the beginner to learn the basic skills and fundamentals of lacrosse. Instruction is provided by the Merrimack College varsity lacrosse coach and team captains. Ages 11-14 years, male or female, are welcome. Dates are: Sundays, Feb. 16 and Feb. 23 from 1-4 p.m., and Thursdays, Feb. 27, March 6 and 13 from 6:30-8:30 p.m. Cost is \$40. Registration forms can be picked up at the DCS or AYS office. Participants need a mouthpiece, a stick and a desire to have fun.

**SPORTCOURT 3-ON-3 HOOPFEST (HIGH SCHOOL AND MIDDLE SCHOOL)**

It's a short month 'til

March, and that means it's almost time for the second annual Youth Services Sportcourt 3-on-3 Hoopfest. Get your best three-man or three-woman team together to compete Saturday, March 1, at the AHS fieldhouse. There will be music, prizes, three-point shooting contests, T-shirts, and some mad hoops. Registration forms are available at Andover High School, Doherty, West Middle, AYS or DCS office. This tournament is for Andover residents, male or female, grades 6-12. Remember, only one varsity player per team.

**ROCK CLIMBING (MIDDLE SCHOOL STUDENTS)**

Do you have what it takes to hang from your fingers 20 feet above the ground? If this is your idea of a wicked good time, check out this four-week introduction to rock climbing.

Dates are Tuesday, Feb. 11 and 25, March 4 and 11 from 2:30-5 p.m. Limited to the first 12 that sign up. Transportation is provided. Doherty students meet in front of town offices on Bartlet Street after school, and West Middle students will be picked up promptly after school. Drop off is at West Middle School at 5 p.m. Cost is \$40 for the four-week session. Registration forms are available at the DCS or AYS offices.

**JAVA JAM IS FEB. 28 (HIGH SCHOOL)**

Come in from the cold and warm up to a hot cup of brew and listen to the acoustic sounds of some of Andover's

finest musicians. Guaranteed fresh! Join the Youth Council and S.A.D.D. Saturday, Feb. 28, at Old Town Hall, 8-11 p.m. Tickets will be available at the door.

**VOLLEYBALL (HIGH SCHOOL)**

It's in-your-face, pipe-hittin' volleyball every Wednesday night at West Middle School from 7-9 p.m. Cost is \$2 at the door and it doesn't matter if you are male or female. Come ready to play hard.

**SNOWBOARD CLUB TRIP (HIGH SCHOOL)**

The ASC assaults Bolton Valley on its East Coast tour Saturday, Feb. 8. Get registration forms in the AHS guidance, AYS, or DCS office or from Brad Jackson or Sarah Morrison. Cost is \$45, which includes lift ticket and a plush ride upon the luxury coach equipped with movies, jokes, and Corey Zalewski. The trip is open to skiers and snowboarders.

**GOODTIMES ON WEDNESDAY, FEB. 12 (WEST MIDDLE SCHOOL STUDENTS ONLY)**

West Middle school Kids-For-Kids and the Andover Youth Services have joined forces to make things happen. Goodtimes in Somerville is the spot and lazer tag is the game. Get set up with 50 tokens, two games of lazer tag, and some pizza and have a wicked good afternoon of electronic diversions. Goodtimes has the freshest video games out there and bring a friend to zap in the black light of the lazer tag arena. Cost is \$20. Bus leaves WMS

at 2:30 and returns at 6. Registration forms are available from Sandy Lunt, WMS health teacher. Trip is limited to first 43 young people.

**'THIS IS HOW WE DO IT'**

Thanks to all you beautiful, patient people who voted 'yes' for the Youth Services van at Special Town Meeting. It's finally in.

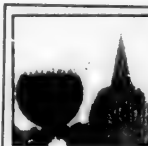
Check out our quote of the

month:

"A leader creates space that empowers others, inspires others, and makes conscious that which is unconscious in others."

► For more information about WHAT'S UP, call Bill Fahey, Andover Youth Services coordinator, at 623-8241; or Jack Grady, Townsman assistant editor, at 475-1943.

## BUSINESS PROFILES



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## ANDOVER CHURCH BASKETBALL LEAGUE STANDINGS

### SENIOR BOYS DIVISION

	W	L	PF	PA
St. Augustine C	7	0	268	148
St. Robert's A	6	1	297	166
St. Augustine A	5	2	249	172
Temple Emanuel	4	3	197	209
St. Augustine B	3	4	251	249
St. Robert's B	2	5	158	261
Ballardvale United	1	6	134	228
St. Robert's C	0	7	136	234

### SCORING LEADERS

	FG	FT	Pts
Danny Hughes, SRA	67	15	149
Chris Brouillard, SAA	42	8	92
Jon Maloney, SAC	36	15	87
Kevin Shepard, SAC	34	11	79
Peter Burbank, SAA	32	9	73
David Chomicz, TE	27	8	62
Andy Timko, SRA	24	9	57
Steve Hibino, SAC	25	3	53
Lee Klarman, BU	22	8	52
Ricky Umlah, SAB	20	10	50
Geordie Miliotis, TE	21	6	48
Andy Carter, SRB	18	9	45

### SENIOR GIRLS DIVISION

	W	L	PF	PA
South	6	0	107	73
St. Augustine A	4	1	111	76
St. Augustine B	2	4	69	86
Unitarian	1	4	70	87
St. Robert's	1	5	82	117

### SCORING LEADERS

	FG	FT	Pts
Tina Baraby, SAA	31	1	63
Amanda Camelio, STR18	1	1	37
Heather Berquist, So	11	1	23
Kelly Couture, STR	11	1	23
Chelsee Adams, UU	10	2	22
Jenna Berquist, So	9	4	22
Megan Cuneo, So	10	0	20
Ellen Donahue, SAB	8	1	17
Allison Caffrey, SAB	7	0	14
Jill Mann, SAA	7	0	14
Laura Mertes, SAA	7	0	14
Katie Dugan, UU	6	1	13

## ACBL RESULTS

By Rick Harrison

St. Augustine C took a 25-14 halftime lead and then held on to defeat St. Robert's A, 30-27, in their recent Andover Church Basketball League Senior Boys Division first-place showdown at the Andover High field house.

That same afternoon St. Augustine A trimmed St. Augustine B, 38-32, Temple Emanuel dumped Ballardvale United, 26-14, and St. Robert's B handled St. Robert's C, 25-18.

In other recent play, St. Augustine C

defeated spunky St. Augustine B, 45-36, and slammed Temple Emanuel, 39-8.

St. Robert's A handled Ballardvale United, 39-9, and took sole possession of second place with a 39-28 victory over St. Augustine A.

St. Augustine A also trimmed St. Robert's C, 41-13, and St. Augustine B, 38-32.

Temple Emanuel posted a 32-23 victory over St. Robert's B, St. Augustine B stopped St. Robert's B, 50-35, and Ballardvale United earned its first victory with a 20-13 conquest of St. Robert's C.

[Editor's note: More results next week, including Senior Girls' games.]

## AHS SPORTS ROUNDUP

(Continued from page 44)

in the 100 free (50.25) and 100 breast-stroke (1:03.24).

Sean Krueger was victorious in the 100 butterfly (1:05.04), Matt Stitham once again scored highest in the one-meter diving (193.56 points), and the 200 free relay team finished in 1:38.45.

Second places were at a premium for AHS, whose only individual runners-up were Sang Lee (500 free) and Rich Sheldon (100 backstroke).

Golden Warrior thirds were nailed by Joe Flanagan (200 IM), Jeff Stathis (50 free), Tim Stitham (diving) and Chris Lustig (100 butterfly).

Andover  
Townsmen  
online:

Townsmen@aol.com

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## LEGAL NOTICES

### MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

Premises: 12 Apache Avenue  
Andover, Massachusetts

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Jaishri J. Singh and Juanita C. Singh to GMAC Mortgage Corporation of PA dated December 28, 1994 and recorded with Essex County (Northern District) Registry of Deeds in Book 4192, Page 314, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction on the 18th day of February, 1997, A.D. at 12:00 P.M. (noon) at or upon the mortgaged premises, 12 Apache Avenue, Andover, Massachusetts, as described below, being all and singular the premises described in said mortgage,

To wit:

The land with the buildings thereon situated in Andover, Essex County, Massachusetts being shown as Lots 113 and 113-A on a plan of land entitled "Subdivision and Acceptance Plan, Indian Ridge Estate, Subdivider: Indian Ridge Development Corp." drawn by Clinton F. Goodwin, Reg. Land Surveyor, Scale: 1"=40', Date: October 1, 1971. Said Plan is recorded in the Essex North Registry of Deeds, as Plan #6538. Lots 113 and 113-A are shown on Section 7 of said Plan and are more particularly bounded and described as follows:

NORTHERLY by Apache Avenue, sixty-two and 83/100 (62.83) feet;

NORTHEASTERLY by Lots 112 and 112-A, three hundred forty-two and 80/100 (342.80) feet;

SOUTHERLY by land of Indian Ridge Development Corp. and Lot 106 two hundred and 00/100 (200.00) feet and one hundred one and 73/100 (101.73) feet;

WESTERLY by Lot 114, one hundred seventy-eight and 69/100 (178.69) feet.

Being the same premises conveyed to Mortgages by deed of Windsor Homes, Inc. recorded with the Essex North District Registry of Deeds in Book 1449, Page 155.

TERMS OF SALE: Said premises will be sold and conveyed subject to all outstanding municipal or other public taxes, tax titles, assessments, liens or claims in the nature of liens, rights of tenants and parties in possession, and existing encumbrances of record, if any, which take precedence over the said mortgage above described.

FIVE THOUSAND DOLLARS and NO/100 (\$5,000.00) must be paid by certified, bank, treasurer's or cashier's check at the time and place of the sale by the purchaser as a deposit. The balance of the purchase price is to be paid in cash, or by certified check, bank cashier's check or bank treasurer's check within 30 days thereafter at the Law Offices of Shapiro & Kreisman, 492 Old Connecticut Path, Framingham, MA 01701 (508) 872-0221. The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication.

Other terms to be announced at the sale.

Residential Funding Corporation,  
PRESENT HOLDER OF SAID MORTGAGE  
January 23 & 30, February 6, 1997

### TOWN OF ANDOVER



#### PLANNING BOARD

Notice is hereby given that a public hearing will be convened on Tuesday, February 25, 1997, at 7:30 p.m., in the Third Floor Conference Room, Town Office Building, Bartlet Street, on a petition of James Keck and others to amend Section VI.E. of the Zoning By-Law by providing new regulations governing the import and export of earth materials associated with the subdivision and development of land in the Town. The full text of the proposed amendment may be examined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Michael H. Miller, Esq.,  
Chairman  
February 6 & 13, 1997

### TOWN OF ANDOVER



#### PLANNING BOARD

Notice is hereby given that a public hearing will be convened on Tuesday, February 25, 1997, at 8:00 p.m., in the Third Floor Conference Room, Town Office Building, Bartlet Street, on a petition of Madhu Judge Sridhar and others to amend Section VI of the Zoning By-Law by providing new regulations pertaining to the promotion of alternative modes of transportation such as pedestrian and bicycles by providing for pathways and access ways in new developments. The full text of the proposed amendment may be examined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Michael H. Miller, Esq.,  
Chairman  
February 6 & 13, 1997

### COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT THE PROBATE AND FAMILY COURT 36 FEDERAL STREET SALEM, MA 01970 ESSEX DIVISION

Docket No. 97P 0024-EP1  
Estate of GERTRUDE  
R. ALLICON late of Andover in the County of Essex.

#### NOTICE

A petition has been presented in the above-captioned matter praying that a certain instrument be probated purporting to be the last will of said deceased by PHYLLIS G. SIMONE named in said will as PHYLLIS SIMONE of Methuen in the County of Essex, praying that she be appointed executrix thereof, without giving a surety on her bond; and to the ATTORNEY GENERAL of said COMMONWEALTH.

If you desire to object to the allowance of said petition, you or your attorney should file a written appearance in said Court at Salem on or before 10:00 in the forenoon on February 18, 1997.

In addition you should file a written statement of objections to the petition, giving specific grounds therefore, within thirty (30) days after the return day (or such other time as the Court, on motion with notice to the petitioner, may allow) in accordance with Probate Rule 16.

Witness, Edward J. Rockett, Esquire, First Justice of said Court at Salem, the thirteenth day of January in the year of our Lord one thousand nine hundred and ninety-seven.

Pamela Casey O'Brien  
Register of Probate  
February 6, 1997

### COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT (SEAL) Case No. 235360

To Joseph A. DiMartino; Cheryl A. DiMartino; and to all persons entitled to the benefit of the Soldiers' and Sailors' Civil Relief Act of 1940 as amended: Chase Manhattan Mortgage Corporation, f/k/a Chemical Residential Mortgage Corporation, f/k/a Margaretten & Company, Inc. claiming to be the holder of a mortgage covering real property in North Andover numbered 107 Stage Coach Road given by Joseph A. DiMartino and Cheryl A. DiMartino to Margaretten & Company, Inc., dated October 29, 1992, recorded with Essex County (Northern District) Registry of Deeds at Book 3586, Page 191 has filed with said court a complaint for authority to foreclose said mortgage in the manner following: by entry and possession and exercise of power of sale.

If you are entitled to the benefits of the Soldiers' and Sailors' Civil Relief Act of 1940 as amended and you object to such foreclosure you or your attorney should file a written appearance and answer in said court at Boston on or before the 10th day of March 1997, or you may be forever barred from claiming that such foreclosure is invalid under said act.

Witness, PETER W. KILBORN, Chief Justice of said Court this 27th day of January, 1997.

Charles W. Trombly, Jr.  
Recorder  
February 6, 1997



# AHS SPORTS ROUNDUP

(Continued from page 40)

MV/DCL Division 2 first-place showdown.

Games next week at Methuen (Wednesday, 7:15 p.m.) and Haverhill (Saturday, 7 p.m.) will conclude league play.

Andover will compete in the Newburyport Bank Tournament on Sunday night, Feb. 16 (6 p.m.) at the Graf Rink in Newburyport, facing off against Cape Ann League member Triton Regional of Byfield in the semifinal round.

The championship and consolation games are scheduled for Wednesday, Feb. 19.

## Scoring leaders

Rob Busby led the AHS scoring parade after 12 games with seven goals and 10 assists, followed by Josh Hoerner with seven goals, nine assists and Doug Henderson four goals, eight assists.

## Andover 4

### Concord-Carlisle 1

The Golden Warriors, who have surrendered only four goals during their four-game win streak, fell behind just 2:13 into this game when C-C's Andy Hershey scored on the power play.

Andover did an excellent job of staying out of the penalty box for the rest of the game, finishing with only two minor penalties.

Tri-captain and Red Line right wing Rob Kwon tied the game 1-1 with his fourth goal of the season at 14:47 of the opening period.

Kwon connected from a scramble with just 13 seconds left in the stanza, assists to linemates Doug Henderson and twin brother Albert Kwon.

The two teams fought to a 3-3 deadlock on Jan. 2, and this one remained knotted until sophomore defenseman Mike Mallon scored his first varsity goal with only two seconds left in the middle session (14:58).

Mallon picked off a clearing pass and closed in for a 25-foot wrist shot that deflected off the inside of the right post and settled behind Patriots' netminder Phil Mazzola.

Henderson and Albert Kwon both registered their second assist of the game.

Third-period insurance goals were scored in the final six minutes by Josh Hoerner (9:04) and Rob Busby (11:50).

Mallon initiated the play on Hoerner's goal, feeding a pass to Busby who spotted Hoerner alone at the far side of the net. Hoerner tucked the puck into the open corner of the cage.

Busby connected during an AHS power play with the assists to junior wing Marty Lastrina and Captain Hoerner.

Lastrina zipped a pass to Hoerner at center ice, and just as he was hit hard Hoerner slipped a lead feed to Busby streaking along the right wing lane. Busby didn't disappoint as he placed the disc into the top corner to complete the offense.

The Golden Warriors outshot C-C (7-6-1) in every period, including 13-2 in the first, on the way to a 30-10 overall advantage. Hogan finished with nine saves.

## Andover 4

### Central Catholic 2

The first of Rob Busby's three goals, all assisted by linemate Josh Hoerner, gave the locals a quick 1-0 lead just 80 seconds after the opening

## ANDOVER SCORING

### ICE HOCKEY (12 games)

	FG	FT	Pts
Rob Busby	7	10	17
Josh Hoerner	7	7	16
Doug Henderson	4	8	12
Albert Kwon	3	6	9
Scott Ciruso	5	3	8
Robert Kwon	4	3	7
Ryan Boilard	2	3	5
Adam Colucci	2	3	5
Scott Petersen	1	4	5
Marty Lastrina	0	4	4
Matt Antaya	1	2	3
Mike Mallon	1	2	3
Matt Adams	0	2	2
Mike Thomas	1	1	2
Peter Zetlan	0	2	2
Gordon Wade	0	1	1

**Shutouts:** Mike Johnson 1, John Hogan & Taylor Gleason 1.

**Hat Tricks:** Rob Busby 1, Scott Ciruso 1.

faceoff.

It stayed that way until Robert Kwon connected, unassisted, 27 seconds into the middle stanza.

Central, with only two seniors on its roster, battled back to a 2-2 tie on goals by Matt O'Connor at 12:40 of the middle stanza and Peter Catalano at 11:29 of the third period.

Busby countered with the game-winner on the power play at 12:32 of the final session, just 63 seconds after CCHS tied it.

A mere 19 seconds later Busby completed his hat trick with the insurance marker.

Defenseman Mike Mallon and wing Marty Lastrina joined Hoerner with assists on Busby's late tallies.

Mike Johnson played net and once again was sharp with 31 saves, as the Raiders finished with a 33-26 shots-on-goal advantage.

Andover was without junior goaltender John Hogan and senior defenseman Ryan Boilard.

## MEN'S GYMNASTICS

The Andover High men's gymnastics team, getting stronger as the season progressed, broke into the dual-meet victory column with back-to-back wins at Revere High and Newton South.

The Golden Warriors (2-5 overall) posted their top score in a 114.20 to 104.20 Eastern Mass. League triumph over Revere, and came back two nights later to defeat Newton South, 106.90 to 98.10.

Among the highlights were a sparkling 42.9 all-around score by senior Captain Wilson Man in the Revere meet.

## Schedule

Co-coaches Jack Gleason and Steve Sirois will lead the troops into battle one more time when Salem, N.H. comes to the Dunn Gym tomorrow (4 p.m.).

The two teams met earlier this season with the Blue Devils squeaking past AHS, 107.80 to 104.50 on Jan. 9.

The State Coaches Invitational is next Monday night at Newton North, and the All-State Meet is a week from tonight (Feb. 13) at Newton South.

## Andover 114.20 Revere 104.20

Wilson Man placed first in four events and posted the personal-best 42.9 score to lead the way against the host Patriots.

Man was tops on the pommel horse (7.6), parallel bars (7.8), rings (6.8) and high bar (6.0). He added a second in floor exercise (7.7) and also scored 7.0 in vault.

Senior Captain Zack Gray contributed a second place all-around with a personal-best 35.6.

Gray's top performances were a second in vault (8.1), third in floor (7.2) and third on high bar (5.0).

Senior Andy Larochelle captured first place in floor with an 8.0.

Junior Brian Cutler was third on rings (5.5) and turned in a solid effort in floor (6.8).

junior Ethan Murphy finished second on parallel bars (6.0) and junior Mark Zammuto scored 5.0 on rings.

## Andover 106.90

### Newton South 98.10

Once again it was Wilson Man paving the way for the Golden Warriors, placing first in three events and finishing a close second in the all-around.

Man's victories came on the parallel bars (7.0), pommel horse (6.5) and rings (6.1), while he also finished tied for third in vault (7.9), third on high bar (4.7) and scored 6.5 in floor exercise.

His 38.7 all-around total was just a half-point below the winning score of 39.2 posted by Luang Dong of Newton South.

Zack Gray's third-place 34.3 all-around included seconds in vault (8.0) and high bar (5.0), a third place in floor (6.5) and third on rings (5.0).

Other top performances for AHS were Andy Larochelle's 7.4 for second place in floor, Brian Cutler's 7.9 for a third-place tie in his first competitive vault, and a 5.5 for third place on parallel bars by Ethan Murphy.

## WOMEN'S GYMNASTICS

The multi-talented Andover High's women's gymnastics team wrapped up a perfect 9-0 dual meet season with victories over Lowell (130.25 to 116.55), North Andover (132.40 to 127.225) and Tewksbury.

The strong finish enabled the Lady Warriors to continue their domination of the Merrimack Valley Conference.

The locals have won three straight league dual meet championships and four MVC titles in the last five years.

Andover extended its three-year win streak through 25 consecutive duals, and coach Julie Curtis' squad is also 32-1 in its last 33 meets, 47-3 over a 50-meet span and 68-10 since 1989.

## Schedule

The Lady Warriors will be slight

favorites over Methuen at the annual MVC Championship Meet this Saturday night at the Methuen High field house (6 p.m.).

The locals have once again qualified for the North Sectionals, slated for Saturday, Feb. 22, at Danvers High (6 p.m.).

The top four teams at the Sectionals will advance to the All-State Team Meet on Wednesday, Feb. 26 at Algonquin Regional High in Northboro (6 p.m.).

The All-State Individuals are March 8 at Algonquin Regional.

## Andover 132.40

### North Andover 127.225

Although the Scarlet Knights' Kim Russo placed first in all four events and was a runaway all-around winner with 36.25 points, it was the Lady Warriors' depth that carried them to victory once again.

"It wasn't as tough a meet as I anticipated," said coach Curtis. "I thought it would be closer because North Andover's team scores have been around the 130 mark."

"We'll have to get our score back up a few more points if we want to challenge Danvers in the Sectionals," added the coach.

Amy Shui led AHS with a second place all-around (33.95) and individual runner-up finishes to Russo in floor exercise (8.7), on balance beam (8.55) and on the uneven bars (8.15). Shui added a third in the vault (8.55).

Julie Mullane also competed all-around and placed third (32.70), keying her performance with a second in vault (8.7). She also scored 8.3 in floor, 7.9 for fourth on bars and 7.8 on beam.

Rachel Isenberg contributed third places on bars (8.1), in floor (8.6) and a fourth on beam (8.25).

Captain Nicole Carpentier was third on beam (8.35) and scored 8.0 in vault and 7.55 on bars.

Kerri Krivelow was fourth in vault (8.4) and scored 8.1 in floor.

Consistent Captain Mara Shiff registered an 8.15 on beam, 8.1 in floor and 8.05 in vault.

Kristin Kearins posted an 8.0 in vault and a 5.95 on bars, while other solid performances came from Kate Gerry on beam (7.3), Captain Ami Regan in floor (6.05) and Caitlin Neri on bars (5.1).

## Andover 130.25

### Lowell 116.55

Junior Amy Shui placed first in two events and won the all-around by almost four points, while junior Julie Mullane also topped the field in two events to spark the locals to victory.

Shui scored 34.35 which included winning performances on balance beam (8.85) and in floor exercise (8.85). She also added a second in vault (8.6) and a tie for second on the uneven bars (8.05).

Mullane placed first in the vault (8.7), on bars (8.6) and was second on beam (8.8).

Freshman Kristin Kearins, in her first all-around appearance of the season, totaled 29.85 for fourth place with a tie for fourth in vault (8.2), a 7.9 in floor, a 7.5 on beam and a 6.3 on bars.

Sophomore Kerri Krivelow contributed strong third-place efforts in vault (8.4) and floor (8.3), and added a 7.6 on beam.

Junior Rachel Isenberg tied for second on bars (8.05) and tied for fourth in vault (8.2).

Other notable efforts came from Kate Gerry (7.4) and Caitlin Neri (5.8) on beam, Kalley Thomas in vault (6.2), and the floor exercise trio of Cristin Sawyer (7.6), Megan Fitzger-

ald (7.15) and Captain Ami Regan (6.25).

## MEN'S SWIMMING

Kevin Riley scored another double individual win as the combined Andover/Central Catholic men's swim team squared its record with a 99-76 Merrimack Valley Conference victory over Lowell at the Greater Lawrence Regional Vo-Tech pool.

Andover/Central, which finished the regular season at 4-4, also edged past Haverhill, 88-81, and dropped a 106-76 decision to Chelmsford in the final dual.

The annual MVC Championship Meet is tomorrow at Haverhill, with the North Sectionals scheduled next weekend (Feb. 14-15).

## Andover/Central 99 Lowell 76

The winners placed first in eight of the 12 events, including two of three relays, to key the triumph over Lowell (1-5).

Riley once again had a big day with victories in the 50-yard freestyle (22.30) and 100 butterfly (56.80), and he also swam the lead leg for the third-place 200 free relay team.

Matt Stitham continued his domination of the one meter diving with a winning 198.70 point total. He also placed second in the 50 free and swam a leg on the winning 200 medley relay team and the third-place 200 free relay.

Jim Russo was first in the 200 individual medley (2:25.50), third in the 100 free and swam a leg on the 200 free relay.

Sean Krueger won the arduous 500-yard freestyle (5:20.00), placed third in the 100 breaststroke and swam a leg for the winning 200 medley relay.

Joe Flanagan won the 100 breaststroke (1:17.50), finished third in the 200 IM and joined Rich Sheldon, Chris Lustig and Sang Lee on the victorious 200 free relay (1:51.40).

Lee was also second in both the 100 and 200 free, while Sheldon finished second in the 100 backstroke and third in the 200 freestyle.

## Andover/Central 88 Haverhill 81

Kevin Riley chalked up his usual double by winning the 50-yard freestyle (23.43) and 100 butterfly (58.38).

He also swam a leg for both winning A/C relay teams, joining Jim Russo, Matt Stitham and Sean Krueger on the 200 medley (1:58.37) and 200 free relay (1:39.81) quartets.

Other individual event winners were Krueger in the 200 free (2:04.06), Russo in the 200 individual medley (2:23.37), Sang Lee in the 500 free (6:14.31) and one-meter diver Matt Stitham with a season-high 213.60 points.

Andover/Central runners-up included diver Tim Stitham (136.00 points), Chris Lustig in the 100 butterfly (1:08.55) and Mark Seaver in the 500 free (6:56.16).

Third-place finishers were Joe Flanagan in the 200 IM (2:42.27) and Russo in the 100 free (56.00).

## Chelmsford 106 Andover/Central 76

Jim Russo and Kevin Riley were double race winners for the locals, who placed first in seven of the 12 events but couldn't match the overall depth of the Lions (6-4).

Russo touched first in the 200-yard freestyle (2:03.00) and 200 individual medley (2:24.69), while Riley was tops

(Continued on page 45)



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# PROPERTY TRANSFERS

The following is a list of properties in Andover that sold from Jan. 10 to Jan. 23.

**1** Douglas J. Ahern bought 131 Salem St., Lot 2 for \$180,000 from Laura Ahern. The mortgage is with First Eastern Mortgage Corp.

**2** Christian Anderson bought Stafford Lane, Lot 75 for \$424,000 from John M. Price. The mortgage is with Mortgage Financial Services, Inc.

**3** Stephen L. Colyer bought 31 Argilla Road for \$195,900 from Kurt G. Hespeler. The mortgage is with Olde Towne Mortgage Co. Inc.

**4** William C. Cotter Jr. bought 49 Elm St. for \$150,000 from Michael M. Kaleel. The mortgage is with Homevest Mortgage Corp.

**5** David E. Vivian bought 4 Germano Way, Lot 19 for \$395,000 from James F. Linehan. The mortgage is with Federal Savings Bank.

**6** Charles Jordan bought 39 Juniper Road, Lot 2 for \$210,000 from Chase Manhattan Mortgage Corp. The mortgage is with North American Mortgage Co.

**7** Craig L. George bought 5 Westminster Roadway, Lot 2 for \$561,500 from Bruce L. Hartman. The mortgage is with Norwest Mortgage of Massachusetts, Inc.

**8** Paul F. Pengeroth bought 4 Devonshire Place, Lot 1 for \$427,000 from Bradford Glen Inc. The mortgage is with Hunneman Mortgage Corp.

**9** Cindi C. Cavanaugh bought Unit 212, 16 Balmoral St. for \$59,900 from Albert J. Baroni. The mortgage is with Salem Five



Photo by Lisa Adelsberger

This property, at 56-58 Maple Ave., sold recently for \$238,200.

Mortgage Corp.

**10** Dawn M. Nelson bought 56-58 Maple Ave. for \$238,200 from Joseph Calcina. The mortgage is with Ipswich Savings Bank.

**11** Joanne T. Nicastro bought 1 Avery Lane, Lot 73 for \$452,500 from Virgil Stephen Kangisser. The mortgage is with Norwest Mortgage of Massachusetts, Inc.

**12** Daniel W. Sullivan bought 50 Rattlesnake Rd., Lot 1 for \$161,500 from Alan B. Carbone. The mortgage is with DeWolfe New England Mortgage Services, Inc.

**13** George P. Meltsakos bought 3 Avery Lane, Lot 74 for \$480,000 from Peter Schroer. The mortgage is with Enterprise Bank And Trust Co.

**14** Christopher B. Begley bought 4 Warwick Circle, Lot 2 for \$747,187 from North Andover Realty Corp. The mortgage is with PNC Corp. of America.

**15** Julius S. Becker bought 3 Brentwood Circle for \$309,000 from Richard J. Leuner. the mortgage is with Leader Mortgage Co., Inc.

Source: Registry of Deeds, Lawrence branch.

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**\$1000'S POSSIBLE TYING**. Part time. At home. Toll Free 1-800-218-9000 Ext. T-7670 for listings.

**ANDOVER MOM NEEDS** person to care for 16 month old son 8:30am-3pm. Monday-Friday. Call 475-3430.

**ATTENTION NANNIES!** Are you interested in making a difference in the life of a child? Call Designated Sitters, 508-774-8580. Full/part-time available. Driving, references and experience required. Great pay and benefits!

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**BABYSITTER NEEDED** Monday-Friday, 2-5pm, for three school aged children. Transportation and references required. Call Jennifer at 474-4663.

**CHILDCARE NEEDED** for one year old in my home, 1 or 2 full days per month. Wednesday/Thursday. Own transportation, non-smoking, references required. 475-9784.

**CHILDCARE NEEDED** in my home for three year old and three month old, four days/week starting 3/1/97. Must be non-smoking, energetic, fun, and loving. Own transportation and references required. Call between 4pm-6pm. 508-470-2231.

**EXPERIENCED LEGAL SECRETARY** - Full time position for busy South Lawrence law office. Fax resume to 975-1658.

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TEENS

**FULL TIME NANNY/HOUSEKEEPER** position available in Andover. Three school aged children. 7:30am-5pm. Good salary. Non-smoking, excellent references required. Call Jennifer at 474-4663 or fax resume to 475-5662.

**HELP WANTED**: Earn up to \$500 per week assembling products at home. No experience. Info. 1-504-646-1700 dept. MA-173.

**LOOKING FOR MRS. DOUBTFIRE** - Adorable 4 month old boy looking for experienced, loving caregiver. 15 hours/week while mom and dad are at work. Please call 470-0303.

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**NANNIES WANTED**: For live-out. Full or part-time. Must have experience, references and car. Call Monday-Friday, 9am-4pm. NANNIES FOR RENT 508-535-0127.

**NANNY NEEDED** for 2 and 4 year olds in my North Andover home, four days per week. Must have reliable car. Call 682-6136 after 6pm.

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**PERMANENT PART TIME OFFICE HELP** for Andover retail store. Approximately 20-hours per week. Some A/P, A/R and computer experience helpful. Send resume to: "Office Help", P.O. Box 5127, Andover, MA.

**RECEPTIONIST/ADMINISTRATIVE ASSISTANT** for accounting software firm, 3-5 hours per day, 3-5 days per week. Experience in professional office and good phone skills required. Light word processing, general office management and positive attitude. Send resume to: North Star Ventures, Inc., 93 Main Street, Andover, MA 01810.

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## TOWN OF ANDOVER WATER DEPARTMENT NOTICE

A fire flow test will be conducted on **Saturday, February 8, 1997** beginning at 8:00 a.m. at **PHILLIPS ACADEMY**. Water may be discolored for a period of time in the **SCHOOL STREET, MORTON STREET, ABBOT STREET, PHILLIPS STREET, SALEM STREET, MAIN AND SOUTH STREET, BARTLET STREET, CENTRAL STREET AREAS**. To alleviate the problem, run your outside spigot(s) until the water clears.



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**Methuen.** Rent running you ragged? Try on this affordable Col filled with warmth & charm. Remodeled home (2) new ba, new spacious eat-in kit w/center isl & oak cab, new replacement wind, natural woodwork, fenced yard, lg deck. A must see! \$109,900. Dir: 93 to Rte. 113 to Oakland



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**WILDLIFE/CONSERVATION JOBS.** Now hiring Game Wardens, Security Maintenance, Park Rangers. No experience necessary. For application and information call 800-299-2470 ext. MA195C, 8am-9pm, 7 days.

**PIKE SCHOOL-** Teacher's Assistant for afterschool program, 3 afternoons per week. Experience with computers, board games and sports a plus. Send resume to: Flex Day Director, Pike School, Sunset Rock Road, Andover, MA 01810.

## Work Wanted

★ **ENERGETIC, TRUST-WORTHY MOM** needs to stay home with special child, over 32 years, has held jobs as Certified Nursing Assistant/child care provider and office assistant. Quick learner willing to be trained, but must remain at home. Methuen, Grace 686-2299.

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**NEED INDIVIDUAL-** Exciting new business now being launched nation wide. Very lucrative with equity potential. Call 475-6900.

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**ADVERTISE YOUR "ARTICLES FOR SALE"** here for as little as \$3.00 per week. Call our classified ad department for details! 475-1943.

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**BOOSTER SEAT \$5**, toddler car seat \$10, clip-on seat \$15, bike seat \$5, bed rails \$12, antique wicker bassinet \$500, antique miniature woodstove \$250. 475-4376.

**BOOSTER SEAT \$5.00.** Toddler car seat \$10. Clip-on seat \$15. Bike seat \$5. Bed rails \$12. Antique wicker bassinet \$500. Antique miniature woodstove \$250. 475-4376.

**BRAND NEW BRASS BED-** Queen-size orthopedic set, brand new in plastic. Frame paid \$865; selling \$345. Can deliver. Call 617-272-2792.

**CASH FOR GAMES-** Atari, Sony. VIDEO GAME EXCHANGE, 96 Route 125, Kingston, N.H. 603-642-4667.

**CLEARANCE SALE!** 50-75% all winter clothing at The Mercantile, Andover's unique consignment shop, 68 Park Street. Monday-Saturday 10am-5pm, Sunday 1pm-4pm. 475-7940.

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**LOOKING FOR TREADMILL-** 2 to 2-1/2 horsepower motor, preferably gel pad under base. Please call 475-5248.

## Garage Sales

**INDOOR MOVING SALE-** Andover, 121 Hidden Road, Friday 2/7/97, 5pm-6:30pm. Saturday 2/8/97, 9am-1pm. Severe snow date: Sunday 2/9/97, 9am-1pm. Top quality pieces including china, art work, womens accessories, copper, antique oriental rug.

**MOVING SALE-** Saturday 2/8/97, 9:00am-3:00pm, 8 Matthew Street, Andover. Washer, dryer, furniture, snowblower, lawnmower, outdoor equipment, clothes. Excellent condition. 688-2385.

## Wanted Real Estate

**CHILD SAFE STREET.** Have qualified buyer up to \$250,000. Call Martha Erdem at Prudential, 508-474-8000 ext. 118.

## Condos for Sale

**NORTH READING-** luxury seven room Townhouse at The Greens. End unit, 2-1/2 baths, 1st floor, master bedroom, gas heat. \$239,900. By owner 508-664-5749.

## Houses for Sale

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**NORTH ANDOVER-** Contemporary ranch, eight rooms, four bedrooms, 2-1/2 baths, with whirlpool. Sunken living room. Great setting, handicap, inlaw, home office potential \$289,900. 508-794-8401.

## Condos for Rent

**FORT MEYERS BEACH, FL.** - Two bedroom condo on beach overlooking ocean. March 15-22/97, bargain price, \$995. Call 682-1579.

## Houses for Rent

**ANDOVER-** spacious three bedroom townhouse in delectable antique Greek revival colonial. Walk to town, school and transportation. Great location. \$1295/month. Owner/broker 508-851-7364.

**NORTH ANDOVER-** Two bedroom, five room Colonial, appliances kitchen, great view. \$1250/month. Call COUNTRYSIDE 508-686-5232.

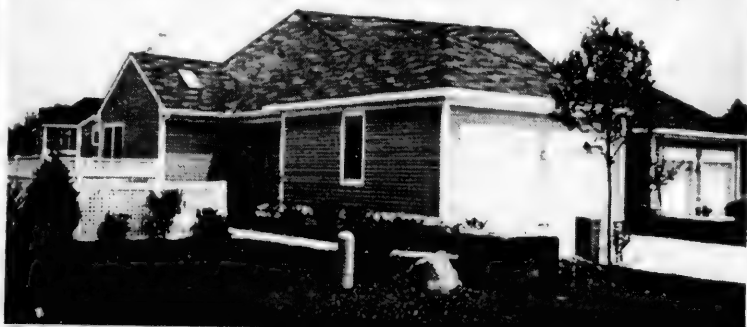


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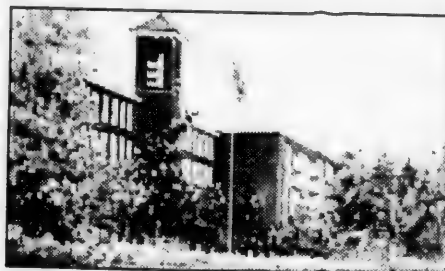




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**NORTH ANDOVER** - Warm and inviting deluxe first floor unit. Combination living room and dining room with recessed lighting and sliding doors to patio. Updated kitchen. **\$82,900**



**NORTH ANDOVER** - Two bedroom condo at Sutton Pond. Central air, security system, berber carpet, breakfast bar with stools, custom window treatments! Immaculate! **\$131,900**



**NORTH ANDOVER** - Modern Duplex with two bedrooms, 1.5 baths, large eat-in kitchen, and living room on each side. Great yard for family recreation. **\$149,900**



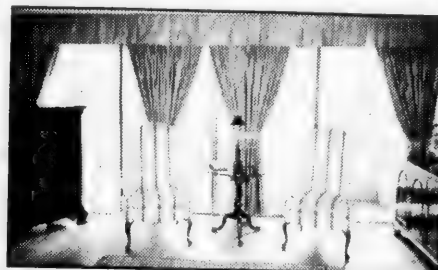
**NORTH ANDOVER** - A charming blend of yesterday's character and today's convenience. 3 bedroom Colonial. Up-to-date kitchen with oak cabinets, pine floor in gorgeous living room. **PVRM 14 Seller will entertain offers between \$160,000 and \$190,000.**



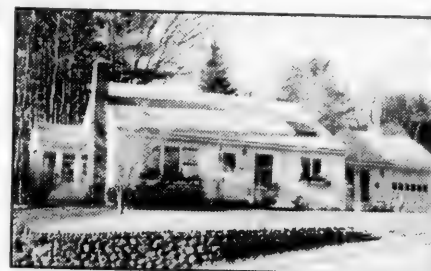
**ANDOVER** - Ideal starter home! Close to town with 3 bedrooms, hardwood floors and pleasant yard. Living room with fireplace. This home has been very well cared for. **\$169,900**



**ANDOVER** - This pretty country Ranch Has space for the whole family with 3 finished rooms & a bath on lower level. The main level has 3 bedrooms & updated kitchen with center island. Title V approved! **\$183,000**



**NORTH ANDOVER** - Better than new condition! Millpond's largest unit boasts 7 rooms, a new kitchen, hardwood floors, and is freshly decorated throughout. Bright end unit in private location. **\$199,000**



**ANDOVER** - Absolutely charming! This seven room home features updated oak kitchen that opens to a dining room with built-in corner cupboard; a living room w/fireplace; and a finished lower level. **\$239,000**



**ANDOVER** - Exceptionally spacious 9 room Townhouse. Step-down formal living room with hardwood floor and fireplace. Stunning formal dining room that leads to sunroom and deck. Home office and family room on lower level. **\$269,900**



**ANDOVER** - Wonderful in-town 4 bedroom Colonial. Formal living room with fireplace and formal dining room with built-in china cabinet. Outstanding remodeled kitchen opens to sunny family room with French door. **\$275,000**



**ANDOVER** - Prime in-town location! Bright & charming 2 family in great up-dated condition. 5/5 plus - walk-up attic, 4 skylights, new roof and 2 car garage. **\$279,900**



**ANDOVER** - Beautiful 3 bedroom Colonial loaded with character. Hardwood floors throughout. Many recent updates include: new roof, new boiler, and updated kitchen. Stately enclosed sunporch off living room. **\$289,900**



**NORTH ANDOVER** - Charming gambrel in one of North Andover's finest neighborhoods. Impressive foyer, front-to-back living room with fireplace, formal dining room with hardwood floor, large eat-in kitchen. **\$315,000**



**ANDOVER** - Spectacular new construction with a versatile floor plan that includes 9 rooms and 3.5 baths. Two of 4 spacious bedrooms have private baths. 3 car garage. **PVRM 25 Seller will entertain offers between \$440,000 and \$540,000.**



**ANDOVER** - Elegant Mansard Roof residence on quiet cul-de-sac features ten gracious rooms, three car garage, huge front-to-back kitchen w/fireplace, family room, great room, and in-ground pool. **PVRM Seller will entertain offers between \$440 and \$540,000.**



**BOXFORD** - Striking contemporary Colonial offers an open concept floor plan. Custom oak kitchen adjoins family room. Off the 2-story foyer is a step-down living room with fireplace. 32' great room over 3 car garage. Pristine! **\$478,000**

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**COMFORT & AMBIENCE** can be found in this contemporary Cape featuring 2 master suites. Enjoy the warmth of the fireplaced family room or let your eye wander to the heated atrium overlooking a beautiful private yard. A finished walkout lower LL w/3 additional rooms including full bath makes an ideal au pair or extended family suite.

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**ANDOVER**  
**ARCHITECTURALLY EXCITING HOME** to fit the executive's lifestyle! Eleven superbly decorated rooms include master suite, 3 bedrooms, three full baths & two half baths. Incredible 24' all-season sunroom to brighten & warm even the coldest winter day. This Fieldstone Meadows home has everything you'd desire for a luxurious life!

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**ANDOVER**  
**RENT \$\$\$ NEVER COMES BACK!** Build equity instead! Meticulous 2 bedroom top floor unit. Appliance kitchen, large living room, good sized bedrooms. Just minutes to Route 93. Pool & tennis court.

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*Here are a few reasons to list your home now instead of waiting until spring:*

- Interest rates are great creating good buyer demand!
- A high percentage of existing listings are sold this time of year.
- You may receive more money for your home now because you have less competition.
- Winter prospects are serious buyers.
- When you sell during the winter you have an opportunity to buy during the spring when many homes are on the market.

*For more information on home selling or home buying, contact the HomeOwnership professionals.*



**ANDOVER**  
**SUPER INVESTMENT** or owner occupied opportunity. Two-family in great location for convenience w/6 large rooms & 3 bedrooms in each unit. Separate utilities, off-street parking & walk-to-train locale! Good rents!

\$175,000



**NORTH ANDOVER**  
**NEW TO THE MARKET!** Country living at its finest in this lovely 8 room, 4 bedroom hip-roof colonial set on 2 wooded acres in great family neighborhood. Young home with lots of extra features including central air, security system, decorative trim and great sunny kitchen with sliders to deck. \$290,000



**ANDOVER**  
**INSTANTLY APPEALING...** beautifully updated 10 room colonial. Over an acre of land on cul-de-sac in desirable Bancroft School District. Loads of extras make this home very special.

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**NORTH ANDOVER**  
**UPDATED GARDEN-STYLE CONDO** with two bedrooms. Kitchen, completely redone, has hardwood floor, oak cabinets & newer black appliances. Located with great access to Route 495, complex has pool & clubhouse. Bring your pets too!

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**1991 FORD EXPLORER** 4x4 Eddie Bauer- 80k miles, loaded, alarm. Excellent condition. Dark green/tan with tan interior. \$11,500. Call Al 688-7820.

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## NORTH ANDOVER



**PRETTY VILLAGE COLONIAL** within walking distance to church, schools and stores! Shiny hardwood floors and tin ceilings. sunsplashed new oak kitchen with large eating area. Three spacious bedrooms all with hardwood flooring. Walk-up attic. Nice combination of old and new! Come and see!  
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## NORTH ANDOVER



**QUALITY CUSTOM DUTCH COLONIAL** in convenient location. Front-to-back fireplaced living room. Updated kitchen features windowed eating area. Updated heating & electrical systems.  
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**\$249,900**

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CALL SUSAN SELLS 1-800-914-9478 OR DIRECT 725-5370.

## ANDOVER



**DREAMS CAN COME TRUE!** Wonderful four bedroom home with hardwood floors and spacious fireplaced family room. This special home sits on a wooded acre of land and has just been reduced to **\$259,000.**  
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## NORTH ANDOVER



**BEAUTIFULLY MAINTAINED** attractive 4 bedroom Contemporary Split Entry with many quality features. Cathedral ceilings, whirlpool bath, mirrored walls, over-size master. At end of cul-de-sac in Sargent School district. Town sewer.  
CALL JOAN JOHNSON 725-5366 .....\$299,900

## ANDOVER



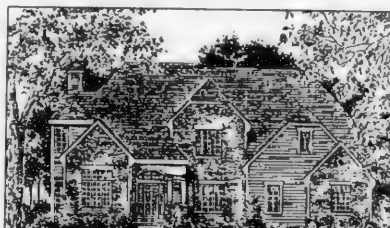
**A DELUXE SETTING...** Indian Ridge Country Club! Striking Colonial for upscale living. Superb features and custom accents! Large rooms, fireside comfort. Hardwood flooring. 4 bedrooms, deck, balcony overlooking tiled entry. Easy commute, two car garage. Florida room overlooks beautiful backyard with apple tree and raspberry bushes! Just a knock-out! .....\$339,000  
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## ANDOVER



**OPPORTUNITY KNOCKING, PRESTIGIOUS NEW HOMES** abutting Harold Parker State Forest. Large wooded lots, 2,800 square foot Colonials with cedar siding, 2 car garage, cathedral family rooms with fireplace, central air and 2 1/2 baths. Many styles to choose from.  
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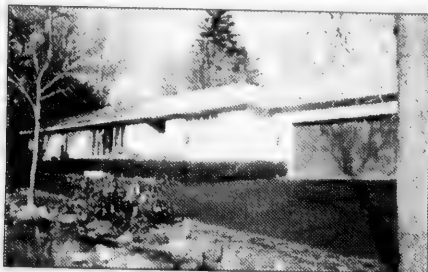
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ANDOVER  
**TOWNSMAN**

February 6, 1997



## FITNESS & EXERCISE

### Walking: A low-stress way to exercise, lose weight

**W**alking is not just a way to get from one place to another - it's also an easy way to live a longer, healthier life, an efficient way to lose weight and a low-stress way to reach performance-level fitness.

One of the easiest forms of exercise, walking can be scheduled into most people's lives and can be attempted by the most sedentary of couch potatoes. Your only investment is a comfortable pair of walking shoes and while those last, walking is free - no membership dues or expensive training equipment.

So, why aren't more people walking?

That's simple. They haven't started. As with other programs getting started can be the hardest part. Here are some tips from the staff at *Walking Magazine* on how to get yourself out the door.

- If you want to walk in the morning, lay your walking clothes out the night before.

- Schedule your walk with a friend or tell everyone that you're planning to go out for a walk.

- Schedule your walk in your appointment book. Take it as seriously as you would a doctor's appointment.

- Promise yourself that you're just going out for a quick walk; say five

minutes. Once you're out there, you'll probably walk farther.

- If you can't fit a long walk into your day, try to squeeze in several short walks.

- Start a streak - an uninterrupted series of days where you walk for at least 10 minutes. A streak is a terrible thing to break.

- Set a short-term goal, like a certain number of miles a week and reward yourself for it.

If you're beginning, stick with short walks (10 or 15 minutes) at first and build up.

Start every walk with a few minutes of easy strolling to warm up; it helps loosen and warm your muscles and reduces the chance of injury. Finish with some simple stretches to keep your body supple and ready for tomorrow's walk.

For long-term health, aim to walk 30 minutes per day, six or seven days a week. For weight loss and longevity, walk 45 to 60 minutes per day and for performance-level fitness, walk 20 to 60 minutes at a fast pace, five or six days per week.

Always talk to your doctor before making any changes to your exercise program.

### Moderate exercise improves sleep for older adults

Older adults who have trouble sleeping can improve their sleep by exercising, according to an article in a recent issue of *The Journal of the American Medical Association* (JAMA).

Abby C. King, Ph.D., from Stanford University School of Medicine, Calif., and colleagues determined the effects of moderate-intensity exercise training on self-rated sleep quality.

The study included 29 women and 14 men aged 50 to 76 years who were

sedentary, free of cardiovascular disease, and reported moderate sleep complaints. Exercise consisted primarily of four 30 to 40 minute endurance training sessions (low impact aerobics, brisk walking) per week for 16 weeks.

The researchers found that those who exercised slept almost an hour longer, while those who did not exercise had minimal sleep improvement.

Those who exercised also reported cutting in half the amount of time it

normally took for them to fall to sleep.

The authors write "The study results provide support for the hypothesis that participation in a moderate-intensity physical activity program is related to improvements in rated sleep quality among older adults. Using two different forms of self-report, improvements in sleep among exercisers relative to controls were noted for general sleep quality as well as for the parameters of sleep-onset latency, sleep dura-

tion, percent sleep efficiency, and based on the sleep diaries, feeling rested on awakening in the morning."

As to why exercise may improve sleep, they write: "Possible mechanisms worthy of continued study include psychological variables such as perceived stress or anxiety that may be disruptive to sleep, and physiological variables such as muscular relaxation.

*Continued on page 4*

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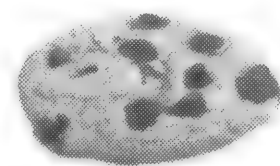
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# Improve quality of life with moderate activity, report says

People of all ages can improve the quality of their lives with a lifelong practice of moderate physical activity, according to the landmark Surgeon General's Report on Physical Activity and Health. Physical activity does not have to be strenuous to get health benefits. The report, released in July 1996, shows that regular, preferably daily physical activity such as 30-45 minutes of brisk walking, bicycling or even working around the house or yard will reduce your risks of developing heart

disease, high blood pressure, colon cancer, and diabetes.

Regular physical activity also improves mood, helps relieve depression and increases feelings of well-being.

The report shows that 60 percent - well over half - of Americans are not regularly active. Worse yet, 25 percent of Americans are not active at all. But people who are usually inactive can get health benefits simply by doing moderate activity on a regular basis.

No one is too old to enjoy the benefits of regular physical activity. Of special interest to older adults is evidence that muscle-strengthening exercises can reduce the risk of falling and fracturing bones and can improve the ability to live independently.

For teenagers, regular physical activity improves strength, builds muscle, and decreases body fat. It can build stronger bones to last a lifetime.

To avoid soreness and injury, indi-

viduals thinking about increasing physical activity should start out slowly and gradually build up to the desired amount to give the body time to adjust. People with chronic health problems should first consult a physician.

For a copy of the summary of the report, contact the Centers for Disease Control and Prevention at 1-888-CDC-4NRG (1-888-232-4674) toll free.

The internet address is <http://www.cdc.gov>.

## Moderate exercise improves sleep for older adults

*Continued from page 2*

decreases in sympathetic tone, or thermal effects from exercise that may promote improved sleep."

The researchers write: "Sleep complaints constitute one of the most common difficulties facing middle-aged and older adults. While representing only 12 percent of the population, older adults in the U.S. receive 35 percent to 40 percent of the sedative-hypnotics prescribed, the majority on a long-term basis. Prescribed and over-the-counter hypnotics may have particularly deleterious adverse effects for this age group, including confusion, falls, extended drowsiness, and agitation, along with potentially harmful interactions with other medications."

### Exercise proves beneficial to people with knee osteoarthritis

In a related study in JAMA, Walter H. Ettinger Jr., M.D., from the Bowman Gray School of Medicine, Wake Forest University, Winston-Salem, N.C., and colleagues determined the effects of structured exercise programs on self-reported disability in older adults with knee osteoarthritis.

The authors write: "The results of this study show that, over an 18-month period, older people with symptomatic knee osteoarthritis who participated in an aerobic or resistance exercise program had modest but consistent improvements in self-reported pain and disability and bet-

*The results of this study show that ... older people with symptomatic knee osteoarthritis who participated in an aerobic or resistance exercise program had modest but consistent improvements in self-reported pain and disability ...*

ter scores on performance measures of function compared with those participating in a health education program."

The study included 439 adults,

aged 60 years or older, with knee osteoarthritis, pain, and self-reported physical disability. They participated in an aerobic exercise program, a resistance program, and a health education program.

The authors conclude: "In summary, our data show that exercise is a safe and effective nonpharmacological therapy that improves both pain and function in older people with knee osteoarthritis. Physicians and other health professionals should prescribe a program of moderate-intensity exercise as part of a treatment program for older people with symptomatic knee osteoarthritis."

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Healthwise  
is a publication  
of the  
Andover Townsman  
and the  
Andover Publishing Company  
33 Chestnut St.  
P.O. Box 1986  
Andover, Massachusetts 01810  
Phone: (508) 475-1943  
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## Food safety begins at supermarket

(NAPS) - Grocery shoppers need to be more aware of how they shop in order to prevent food contamination which can lead to food borne illnesses. In fact, it is estimated that "between 6.5 to 81 million Americans may actually have symptoms of food borne illnesses" this year, said Bessie Berry, acting director of the U.S. Department of Agriculture (USDA) Meat and Poultry hotline. The hotline helps consumers prevent food borne illness through careful food handling.

"Food safety begins when you shop," says registered and licensed dietitian Edith Howard Hogan. According to Ms. Hogan, one of the biggest food safety threats is "cross-contamination." Cross-contamination can occur when the potentially bacteria-laden juices from meat, seafood or poultry touch other foods, surfaces or utensils. The result can be a serious or even life-threatening case of food borne illness.

When we shop, Ms. Hogan warns, we need to avoid what she calls "grocery cart cross-contamination" - which can occur when bacteria-laden foods contaminate other foods and packages in your grocery cart.

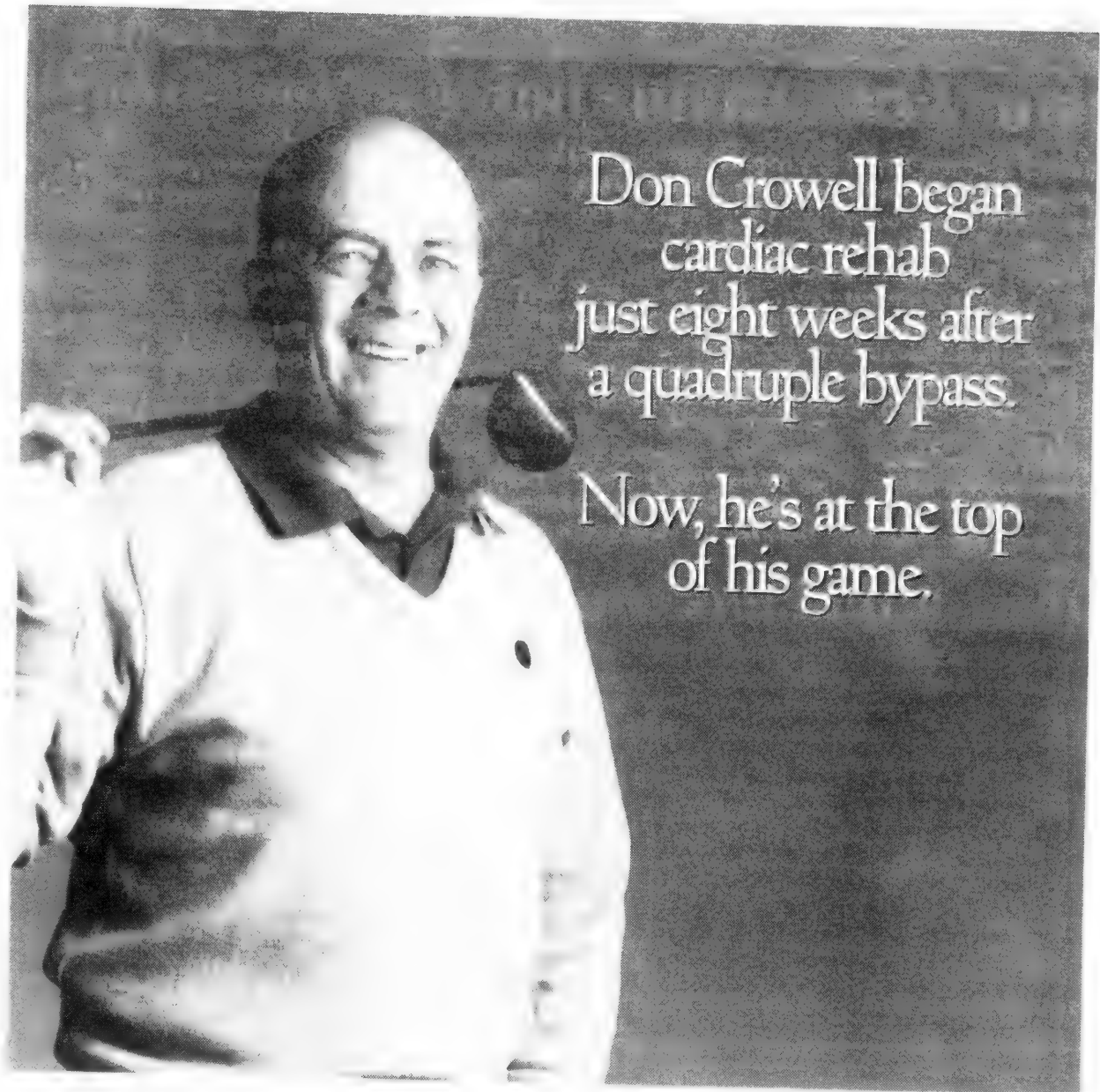
Ms. Hogan recommends wrapping meats, poultry, and seafood in plastic bags before placing them in your cart. "Plastic is a revolutionary material

*Continued on page 12*

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## Exercise: More is better

**Long-distance runners shown to have lower risk for coronary heart disease**

CHICAGO - Exercising beyond current minimum guidelines (30 minutes a day most days of the week) can provide substantial health benefits, according to an article in the January 27 issue of the AMA's Archives of Internal Medicine.

Paul T. Williams, Ph.D., from the Life Sciences Division, Lawrence Berkeley National Laboratory, Berkeley, Calif., examined the dose-response relationship between coronary heart disease (CHD) risk factors and vigorous exercise above the recommended minimum levels. Williams compared physician-supplied medical data with reported distance run by 8,283 male recreational runners participating in the National Runners' Health Study.

The Centers for Disease Control and Prevention and the American College of Sports Medicine recommend that adults should accumulate 30 minutes or more of moderate intensity physical activity over the course of most, preferably all, days of the week.

Williams found that CHD risk decreased significantly with each 16-kilometer (km) (10 mile) increment in distance run each week, up to 64 - 79 km per week. Over a 10-year period, men who ran 64 km or more per week

have a 30 percent lower risk of CHD than those who ran less than 16 km per week.

Williams found that when compared with runners who ran less than 16 km per week, long-distance runners of at least 80 km/week were 2.5 times more likely to have high levels of high-density lipoprotein cholesterol (the good cholesterol). Long-distance runners also had half the prevalence of hypertension, and a reduction of more than 50 percent in the use of medications to lower blood pressure and cholesterol levels. The data did not exhibit a point of diminishing return to the health benefits of running at any distance less than 80 km/week.

Williams concludes: "It is important to emphasize that there are some risks associated with vigorous exercise that may increase with intensity and duration. Men who intend to begin a running program should have a recent physical examination. Current guidelines recommend a symptom-limited, maximum exercise test for men who are 40 years of age or older, men with abnormal physical examinations, and men with two or more coronary risk factors."

*Editor's Note: The Williams study was supported in part by the National Heart, Lung and Blood Institute (NHLBI). The Blair editorial was supported in part by the National Institute on Aging and the NHLBI.*



## DIET & NUTRITION

### Ten tips for solving weighty problems

(NAPS) - Sometimes it can take a long time for people to lose the weight they gained over the holiday season. What they need to know is that even a modest reduction of weight (5-10 percent in those who are obese) can limit the risk of potentially fatal diseases, such as high blood pressure, diabetes, cancer or heart disease. Consulting a physician to help set realistic goals should be the first step in any weight reduction program.

To make weight loss a little bit easier, here are ten tips from Shape Up America!, an organization dedicated to helping Americans get into better physical condition.

1. Talk to your doctor to determine the right exercise program for you. Then build up your program gradually. For example, if you want to walk every day, start walking ten minutes a day and then add five minutes a week until you're up to 30 minutes.

2. Be realistic. Don't give up if you don't start losing weight right away. Even with a weight loss of 10 pounds, health benefits have been shown. Modest weight loss is easier to maintain over time.

3. Patience, patience, patience. It may take time, so shoot for one or two

pounds a week.

4. If you normally exercise outdoors, pick an indoor activity when the weather is bad.

5. Improve your eating habits. A registered dietician or a doctor can help you figure out what's best for you. For example, you may have to balance large lunches by eating small dinners.

6. Eat well-balanced meals that stress portion control and include a wide variety of grains, fruits and vegetables.

7. When cooking, boil, bake, roast, steam, grill or stir-fry using as little oil as possible. This helps reduce your fat intake.

8. Instead of eating food directly out of a box, pour a moderate portion onto a plate or bowl and put the box away.

9. Fill your plate once and don't go back for seconds.

10. Work with your health care provider to determine your body mass index (BMI). If it's above 30 - or above 27 and you have conditions such as high blood pressure or diabetes - talk to your doctor about weight control treatment options. If you and your doctor determine drug therapy is right for you, remember it is an adjunct to, and not a substitute for, healthy eating and increased physical activity.

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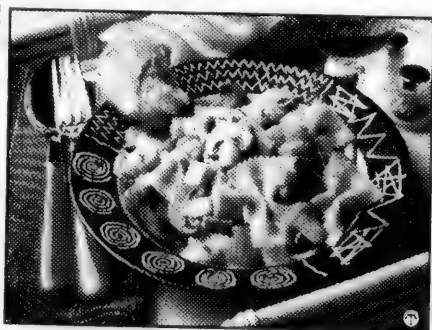


## Mushrooms star in quick pasta dish

The following dish celebrates the easy elegance of two wonderful ingredients - fresh white mushrooms and pasta. Home cooks know that you can always count on mushrooms to add that extra panache to any dish, while pasta can form the base of endless simple satisfying meals.

Pasta with fresh mushrooms, ham, tomatoes and artichokes is composed of bow tie pasta and a wonderfully chunky sauce that comes together in under 10 minutes. Earthy fresh mushrooms are sauteed along with pieces of smoky ham, convenient canned pasta tomatoes, jarred artichoke hearts and frozen peas. The result is an appealing riot of color, texture and flavors.

Mushrooms are easy to clean. Simply remove any clinging particles with a damp cloth or soft brush. Or, place them in a colander and rinse quickly with cold water, then pat dry with paper towel. The stem ends only need a trimming if they look dry.



### Pasta with fresh mushrooms, ham, tomatoes and artichokes

4 cups (about 8 ounces) bow tie pasta (farfalle), uncooked

2 tablespoons olive oil

2/3 cup diced onion

8 ounces fresh white mushrooms, sliced (about 3 cups) or a mixture of white and shiitake mushrooms

1 cup (about 4 ounces) diced cooked ham

1 can (14-1/2 ounces) chunky seasoned tomatoes for pasta

1 jar (6 ounces) marinated artichoke hearts, drained

1 cup frozen peas

1/2 cup ready-to-serve chicken broth

1/2 teaspoon salt

1/4 teaspoon black pepper

In a large saucepan cook pasta in salted water according to package directions. Drain and rinse under warm water; cover to keep warm. Meanwhile, in a large skillet over high heat, heat oil until hot. Add onion; cook, stirring occasionally, until translucent, 1 to 2 minutes. Add mushrooms and ham; cook, stirring frequently, 3 to 4 minutes. Stir in tomatoes, artichoke hearts, peas, chicken broth, salt and pepper; bring to a boil. To serve: In serving bowls place reserved pasta, ladle mushroom mixture over pasta; serve immediately. Yield: 4 portions, 8 cups.



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And because olive oil, particularly

extra virgin olive oil, has so much flavor, a little goes a long way. So use olive oil to jazz up your everyday recipes. Drizzle it over vegetables or a baked potato; baste a chicken or turkey with olive oil; and serve it in a small dish for dipping bread. And olive oil is ideal for roasting because it helps seal in the natural moisture of foods by coating them rather than being absorbed. For more information about olive oil, its unique taste and health benefits, call (800) 232-6548 and receive free Only Olive Oil recipe cards from the North American Olive Oil Association.

### Herbed New Potatoes

(Serves 4)

- 1 1/2 tablespoons olive oil (or extra virgin for added flavor)
- 2 pounds small red new potatoes, rinsed and quartered
- 2 cloves garlic, thinly sliced
- 1 sprig rosemary, chopped (or 1 teaspoon dried)
- 1 sprig thyme, chopped (or 1 teaspoon dried)
- 1 teaspoon black pepper
- 1 1/4 teaspoon salt (optional)

#### Directions:

Heat olive oil in a nonstick skillet until hot enough to sizzle a piece of potato. Turn the heat to medium high and add potatoes and garlic, turning often, until evenly browned. Sprinkle with rosemary and thyme; cover and cook until the potatoes are tender, about 10 minutes. Sprinkle with pepper and salt.

Per serving: 227 calories; 5g fat; 4g protein; 42g carbohydrate; 3.1g fiber; 0mg cholesterol; 8mg sodium (if prepared with salt).



### Roasted Vegetables

(Serves 4)

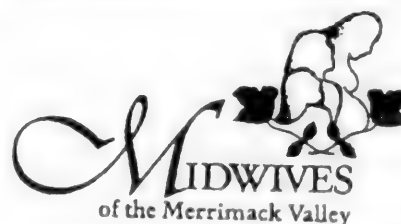
- 1/1 medium yellow squash
- 1 1 medium zucchini
- 1 1 large red pepper
- 1 1 large yellow pepper
- 1 1 medium red onion
- 1 1 medium eggplant
- 1/2 fresh garlic cloves, thinly sliced
- 1/2 tablespoons olive oil ("pure" or extra virgin)
- 1/1 tablespoon balsamic vinegar
- 1/1 teaspoon black pepper
- 1/4 teaspoon salt (optional)

#### Directions:

Preheat oven to 400°F. Cut vegetables into small pieces and arrange in large roasting pan with thinly sliced garlic. Drizzle with olive oil and vinegar; sprinkle with pepper and salt. Toss to coat.

Roast vegetables, turning often, until edges are browned and vegetables are tender, approximately 30 minutes.

Per serving: 130 calories; 7g fat; 3g protein; 16g carbohydrate; 2.9g fiber; 0mg cholesterol; 141mg sodium



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## WOMEN'S ISSUES

### Educational programs on breast cancer planned

Breast cancer is the second most common cancer among women, surpassed only by lung cancer, and is a major focus for the American Cancer Society. The Society's Northeast Region has planned several educational programs to encourage women to go for regular early detection check-ups. For questions and answers about breast cancer, call the American Cancer Society Northeast Regional Office at (508) 988-3600, Ext. 232.

Breast cancer is the most commonly diagnosed form of cancer among women in the United States. 184,300 new invasive cases of breast cancer were estimated for 1997. In the United States, for every 100,000 new cases of breast cancer diagnosed in 1997, 100,000 women were estimated to have breast cancer. The Society's goal is to provide information about the signs and symptoms of breast cancer to women to be aware of. Breast changes, such as a lump, thickening, swelling, dimpling, skin irritation, distortion, retraction, scaliness, pain/tenderness of the nipple or nipple discharge.

The Society recommends that women aged 40 to 49 should have a screening mammogram every 1-2 years; and women aged 50 and over every year. In

addition, a clinical breast examination by a physician is recommended every 3 years for women 20 to 40, and every year for women over 40. The Society also recommends monthly breast self-exams as a routine good health habit for women 20 years or older.

The 5-year relative survival rate for localized breast cancer has increased from 78% in the 1940's to 96% today. The Society has a list of accredited mammography facilities, and can direct someone to a center convenient to them when they call (508) 988-3600, Ext. 232.

Free mammograms are also available for low-income and underinsured women. The American Cancer Society offers comprehensive information and services ranging from support groups to free bags and breast prostheses for women who have had a mastectomy. The training program in breast self-examination, Reach to Recovery, a one-on-one support program, matches women who have recovered from breast cancer with others now being treated. For more information and programs, call Judith Clemons, field executive specializing in breast health for the American Cancer Society Northeast Regional Center at (508) 988-3600, Ext. 232.

### Postmenopausal osteoporosis: Eight bone-saving questions to ask

1. Should I be tested for postmenopausal osteoporosis?

2. What should I be doing in the way of diet, exercise and calcium supplements?

3. If there is bone loss, should I be treated?

4. What are all the choices in treatment?

5. What is the safety record of the various treatment options?

6. What are the side effects of the different forms of treatment?

7. Is the treatment something I can use easily?

8. Can I use treatment if I'm taking medication for other problems?

The exciting news about new choices in the treatment of postmenopausal osteoporosis, a crippling bone disorder that affects more than 20 million

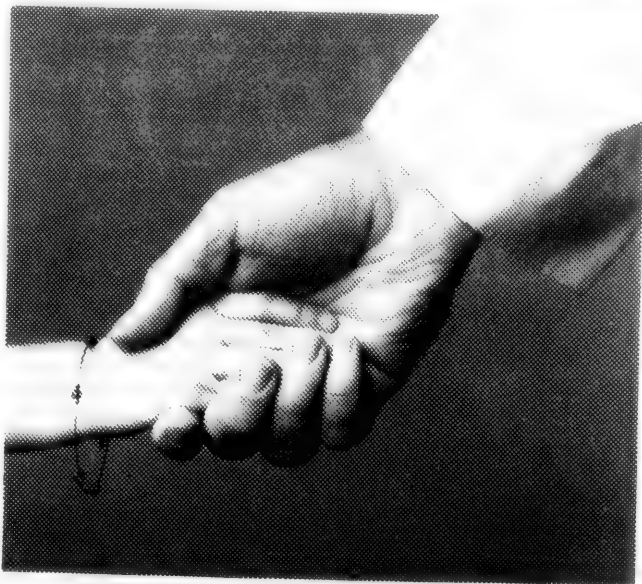
**Both the World Health Organization and the National Institutes of Health have cited osteoporosis as among the most pressing non-communicable health challenges of the 1990s. With the year 2000 on the horizon, the number of women entering menopause is expected to rise dramatically in the United States.**

American women raises important questions that every woman over 50 should ask of her health care provider.

While the exact cause of osteoporosis isn't known, the body's natural process of bone formation and bone loss accelerates as levels of the bone-protective hormone estrogen begin to decline during menopause. As a result, within five years after menopause, women may experience a significant loss of bone mass.

The bone loss that occurs may cause some women with postmenopausal osteoporosis to lose height or to experience body changes such as a curve of the spine known as "dowager's hump." There also may be back pain as a result of compression fractures of the small

*Continued on page 14*



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# Nutritionally-balanced meals improve heart health

*Prepackaged meals more beneficial than those selected by patients*

CHICAGO - A nutritionally-balanced diet benefits people at risk for cardiovascular disease and also improves quality of life, according to an article in the January 27 issue of The AMA's *Archives of Internal Medicine*.

David M. McCarron, M.D., from the Department of Medicine, Oregon Health Sciences University, Portland, and colleagues at 10 medical centers in the U.S. and Canada monitored adherence to and the health benefits from nutritionally-balanced meals.

For 10 weeks, 560 men and women with hypertension, dyslipidemia (abnormal amounts of lipids), or diabetes were randomized to either the Campbell's Center for Nutrition and Wellness (CCNW) plan, which is composed of prepackaged meals or a nutritionist-guided American Heart Association Step I and Step II diet, in which participants self-selected foods to meet their nutrition prescription.

The researchers found that nutritionally-balanced meals improved the risk factors associated with cardiovascular disease. Both plans improved patients' blood pressure, lipid levels, carbohydrate metabolism, weight, and quality of life; however, compliance was greater with the CCNW group and consequently, so were the benefits.

The authors write: "To our knowledge, there are no single pharmaceutical interventions capable of inducing similar simultaneous improvements in these cardiovascular risk factors. Easily prescribed and requiring minimal dietary counseling, the CCNW approach offers an effective and convenient means of achieving the myriad of dietary recommendations for cardiovascular disease management while concurrently improving overall nutritional status and quality of life."

Participants in both diet groups experienced improvements in quality of life throughout the 10-week program including mental health, general perceived health, daily activities and work performance, nutrition hassles, nutritional health perceptions, nutritional effect, social function, and sexual function.

The researchers write: "Our data suggest that consumption of nutritionally complete diets favorably influences physiological and metabolic

processes common to the pathogenesis of hypertension, dyslipidemia, and non-insulin-dependent diabetes mellitus."

Hypertension, dyslipidemia, and diabetes mellitus are among the most common modifiable risk factors for heart disease, stroke, and renal disease and occur in combination in many individuals. Dietary modifications including reduced intake of saturated fat, cholesterol, sodium, and refined sugars and adequate intake of minerals, vitamins, fiber, and complex carbohydrates, are commonly recommended for the prevention and/or treatment of these conditions, according to information cited in the study.

The researchers write: "In what may be an important advance in nutrition


research, we tested the hypothesis that a complete meal program, developed on the basis of current knowledge of nutrition science and advances in food technology, would enable high-risk individuals to consume diets that simply and conveniently satisfy the nutritional needs of their medical conditions. We believe this is the first study to provide

free-living individuals with food plans that comprise the optimal intake of all nutrients and the macronutrients balance recommended by national health organizations."

The macronutrient composition of both nutritional plans was approximately 17 percent fat, 62 percent carbohydrate, and 21 percent protein. The CCNW plan meets daily nutritional guidelines for the intake of sodium, fat, cholesterol, refined sugars, fiber, and complex carbohydrates. The CCNW plan was fortified to meet at least 100 percent of the recommended dietary allowances for adults for most nutrients, with the exception of vitamin D (77 percent) and copper (91 percent). The self-selecting group was prescribed a set number of servings from each of the American Dietetic Association and American Diabetes Association exchange lists, composed primarily of breads and starches, fruits, low-fat milk, vegetables, and lean meats.

*Editor's note: This study was supported by the Campbell's Center for Nutrition and Wellness, Campbell Soup Co.*

**Participants in both diet groups experienced improvements in quality of life throughout the 10-week program including mental health, general perceived health, daily activities and work performance, nutrition hassles, nutritional health perceptions, nutritional effect, social function, and sexual function.**



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## Debunking menopause myths

# Hungry for knowledge about treatment options?

(NU) - Menopause is an inevitable part of every woman's life. In fact, the average woman can now expect to live another 30 years - one third of her life - after female hormone production stops. While for some women menopause is a gradual transition into a new and satisfying phase of life, for many others it is a very difficult time marked by feelings of anxiety and unpleasant physical changes.

Unfortunately for many women, menopause is made even more difficult by the contradictory, and often incorrect, information that circulates about estrogen replacement therapy (ERT). Indeed, the subject of treating menopause has been bandied about by health experts and the media during the past several years, leading to a climate of confusion for women in mid-life.

During the Pharmacia & Upjohn Online Survey of Menopausal Women - a forum in which women discussed their struggles with menopause and their decision whether to use ERT - 98 percent of participants admitted that they were confused about available treatments, and because of this, had reservations about treating their symptoms.

Further, it appears that women who are frustrated by conflicting opinions about ERT may be hungry for information about available treatments. In the survey, 80 percent of women did not feel knowledgeable about ERT.

If you are considering ERT but are unsure of how much you know about the topic or simply want to test your current knowledge, try taking the following quiz:

### Fact or fiction?

1. The symptoms of menopause, such as hot flashes, night sweats and vaginal dryness, are an unavoidable part of aging for women.

2. An increased susceptibility to diseases associated with menopause, such as osteoporosis, is something menopausal women have to contend with.

3. In order to get continued osteoporosis-preventing benefits from ERT, it may need to be taken for an extended period of time.

4. The only ERT choices that are currently available are derived from animal sources.

5. Most women are happy with their choice of ERT.

### Answers

1. Fiction: Medical intervention with ERT can relieve the symptoms of menopause and may improve a woman's quality of life.

2. Fact: Clinical research has shown that ERT can help some women reduce their risk of osteoporosis. Since ERT is associated with some risk, patient selection must be individualized based on the balance of risks and benefits.

3. Fact: Even when started as late as

six years after menopause, ERT prevents further loss of bone mass for as long as treatment is continued. When ERT is discontinued, bone mass declines at a rate comparable to the immediate post-menopausal period. The decision to pursue a particular course of treatment is personal and should be discussed with a physician.

4. Fiction: There are products derived from plants that are equally effective.

## More than one-third of U.S. women experience PMS

An estimated ten to 14 million women in this country experience Premenstrual Syndrome (PMS), representing more than one-third of all American women between the ages of 20 and 50. Five to 10 percent of them describe their discomfort as a severe disruption to their lives.

One of the most common symptoms of PMS is a bloated feeling, but many women are unaware of the connection. They experience abdominal bloating and weight gain as a result of water and salt retention in the kidneys. This is a natural reaction to hormonal changes that occur during the menstrual cycle. Water retention typically contributes to a number of discomforts during the menstrual cycle, including headache, backache and breast tenderness.

In her book titled *PMS*, Dr. Susan M. Lark writes that women should realize that there are simple ways to reduce

5. Fiction: Many healthcare providers often find that even after a patient has agreed to a particular course of treatment, the prescription is never filled because of her lingering doubts and confusion about the benefits and risks of therapy.

Accurate information about estrogen replacement therapy can help make menopause more manageable and treatment less daunting. If you have questions, see your doctor.

bloating and some of the other symptoms of PMS. Among the natural solutions she recommends are diet, exercise and simple stress reduction techniques.

Dr. Lark suggests that women supplement a well-balanced diet with vitamins, particularly B-complex and magnesium. Salt and dairy products should be avoided, since they can contribute to hyperhydration - the opposite of dehydration. Women should also avoid the urge to increase their consumption of "craving foods", such as coffee, salted chips, and chocolate. Bingeing on these foods worsens overall discomfort during PMS. Moderate exercise such as walking, jogging, swimming, tennis and bicycling help alleviate fluid retention. Deep abdominal breathing and stretching exercises promote muscle relaxation. Exercise, Dr. Lark notes, has the added benefit of reducing stress.

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## Suffer from incontinence? Here's a non-surgical option

More than 6.5 million women suffer stress urinary incontinence (SUI), the most common form of incontinence in women, which causes the involuntary loss of urine during coughing, sneezing, laughing, exercise, or any physical activity that increases abdominal pressure. Stress incontinence begins in a woman's child bearing years, effecting women as early as the age of 20 and tends to worsen during menopause. As the baby boom generation (the largest segment of our nation's population) ages, urinary incontinence will become even more prevalent.

Contrary to popular belief, incontinence is common among women of all ages, not just elderly women. A startling 20 percent of women 40 to 60 years of age suffer from SUI. Women who have this devastating condition face serious social and psychological effects, including discomfort, embarrassment, loss of dignity and low self esteem. Surveys indicate that, on average, women wait 3 years before discussing incontinence with their physicians, and many do not discuss their condition with anyone at all. Once they do discuss their condition with a physician, women find treatment options limited, costly and often unsuccessful. Yet still, consumers spend \$16 billion annually on these unsatisfactory treatments.

Until recently, the only available, non-surgical solutions to involuntary urine leakage have included adult pads and diapers, which limit physical activity and cause wetness and other embarrassing discomforts including tell-tale odor and bulkiness. According to a Yankelovich survey, almost 50 percent of women are dissatisfied with their prescribed treatment options.

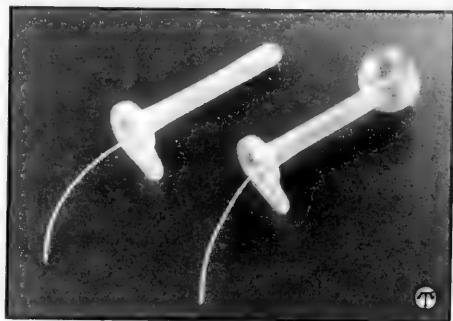
## Food safety begins at supermarket

*Continued from page 7*

where food safety is concerned because it serves as a protective barrier, keeping potentially harmful juices away from your other foods," said Ms. Hogan. When you put these items in your cart, Ms. Hogan cautions, place them away from other foods so their juices can't drip on your other foods and packages. "It's a good idea to wrap unpackaged foods, like fruits and vegetables, in plastic bags as well."

When you get to the checkout counter, Ms. Hogan suggests asking the checker to put your meats, poultry and seafood in a separate plastic shopping bag so their juices won't get on the other groceries when you load the bags in your car.

Ms. Hogan also recommends shopping for perishable foods, including meat, poultry, seafood, eggs, dairy products and frozen foods last. "Bacteria thrives when food reaches the temperature danger zone - from 40°F to 140°F. Grocery stores keep perishable foods at proper temperatures



Now, women have an innovative, new alternative from UroMed Corporation - the Reliance Urinary Control Insert. Recently approved by the FDA, Reliance offers a discreet, comfortable, reliable, non-surgical solution that is cost-effective and easy to use.

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According to extensive clinical trial results presented to the FDA, Reliance effectively controlled urine loss in 97 percent of patients studied. Nearly all patients who were followed for a year said they experienced significant quality-of-life improvements; 97 percent of those patients said they would recommend Reliance to others who suffer from incontinence. Individuals should consult their healthcare provider.

by storing them in cooled bins and cupboards. But once you place perishables in your cart, their temperature begins to rise," Hogan explains. Shop for these items last and go straight home so you can put perishable foods into the safe temperatures of your refrigerator and freezer right away.

These shopping tips and other food safety tips are available in a new brochure, published by the American Plastics Council and reviewed by Edith Hogan, called "Food Safety: Practical, Easy Steps You Can Take To Help Keep Your Family Safe." To request a free copy call 1-800-2-HELP-90.

**Cross-contamination can occur when the potentially bacteria-laden juices from meat, seafood or poultry touch other foods, surfaces or utensils.**

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## Four ways to improve sleep

Here's some good news that people who have trouble sleeping will stay awake for. Many factors that cause disturbed sleep can be easily corrected, according to a new survey. The survey, conducted by the Better Sleep Council, found that many Americans experience disturbed sleep due to the four factors of their sleep environment: light, noise, room temperature or mattress condition. Are you overlooking these easy-to-control factors?

Sleep experts and the Better Sleep Council offer these recommendations for creating a sleep environment that

is conducive to sleep:

- If noise is a problem, earplugs or a white noise machine may help.
- If outside light makes your room too bright, try an eye mask or window coverings that better darken the bedroom.
- If you're too hot or too cold, simply adjust the thermostat. The optimum temperature for sleep is between 60 and 65 degrees Fahrenheit.
- If your mattress makes you toss and turn, a new sleep set may provide the comfort and support you need for a good night's sleep.

## Lessen the risk of serious burns

*Continued from page 14*

escape from a fire or burn-inducing incident," explained Dr. Josephson.

3. Raise burned arms or legs higher than the person's heart.

4. Cover the burn victim with cool wet cloth. Do not apply any home remedies. Do not break blisters or remove burned skin.

5. Call 911 or your local emergency number immediately.

There is an increased risk of death from burns for children younger than 2 years and adults over 60 years. "Both groups have a limited ability to withstand bodily stress or to recognize and

She advises, "Burns around the whole hand, face or genital areas should be treated by a physician. If you have doubts about the severity of a burn, seek medical treatment."

The American College of Emergency Physicians (ACEP) represents more than 19,000 physicians who specialize in emergency medicine. ACEP is dedicated to improving emergency care through continuing education, research and public education.

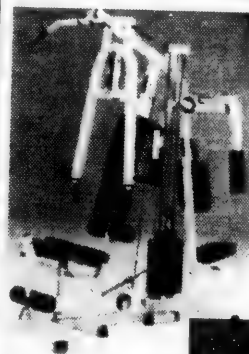
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## Eight bone-saving questions to ask

Continued from page 11

bones of the spine. Fractures of the wrist, hip, or spine also may suddenly occur without any obvious warning.

If you suspect that you are at risk of developing postmenopausal osteoporosis, talk to your healthcare provider. You may wish to clip these questions as a reminder of what to ask.

• Painless tests, called bone mass measurement, can determine the density of bone and identify just how much you are at risk. If you have been diagnosed with post-menopausal osteoporosis, it's important to be aware of the full range of treatment choices now available.

Essentially, all osteoporosis treatments act to ensure that the bone-building process outpaces a balance. Bone tissue is continually dissolved (resorption) and then replaced (formation). When the balance is tipped toward resorption, bone density decreases. The goal of treatment is to tip the balance back toward formation. There is no cure for osteoporosis, only treatment.

• Estrogen replacement therapy is considered the mainstay of therapy in postmenopausal osteoporosis. However, many women refuse, cannot tolerate or should not use estrogen. Although there are risks to long-term estrogen therapy, including increased likelihood of developing endometrial

and/or breast cancer, and side effects such as breakthrough vaginal bleeding, many health-care providers believe the bone-building and, possibly, the cardio-protective benefits outweigh the risks.

• Calcitonin is available as nasal spray. Calcitonin regulates the level of calcium in the blood. Until becoming newly available as an easy-to-use nasal spray, calcitonin was only available in injectable form. Clinical studies with nasal spray has shown significant increases in spinal bone mineral density in women more than five years after menopause.

• Another new form of treatment is alendronate, a bisphosphonate compound taken in tablet form, first thing in the morning on an empty stomach that can also inhibit bone breakdown and increase bone density.

Now that there are new treatments to help people, it's important to know the signs and symptoms of osteoporosis. The most common is a loss of height, a stooped posture, aches and pains in the back, hips, wrists and ankles. Fractures of the spine, hips and wrists are also common. If you are over 50 years old, you should know the signs and symptoms of osteoporosis.

The World Health Organization and the National Institutes of Health have identified osteoporosis as among the most pressing noncommunicable health challenges of the 1990s. With the year 2000 on the horizon, the number of women entering menopause is expected to rise dramatically in the United States.



## GENERAL HEALTH

### Lessen the risk of serious burns

It's important to remember that most burns that occur at home are preventable. Here are some tips from the American College of Emergency Physicians (ACEP) to lessen the chance of a burn happening in your home.

• Set your water heater thermostat no higher than 120 degrees Fahrenheit.

• Supervise children in kitchen. Turn pot handles out of reach when cooking.

• In the bathroom, check the temperature of the bath water.

• Always get out of the tub. Never leave a child or infant unattended in the bathroom.

• Use caution around gas, oil, kerosene, and other fuels. Always use proper technique when lighting a match or lighter. Never use a lighter to light a cigarette.

• Don't drink alcohol if you are going to drive.

#### How to treat burns

Minor or first-degree burns are red, dry and painful. The skin is intact, as with a sunburn, and there are no open sores. Occasionally there are blisters.

Immediately immerse burn areas in cool - not cold - water. Don't break blisters or use any home remedies such

as ice, butter or toothpaste. After cleansing, a mild antibiotic ointment and bandage can be applied. Keep the area clean and dry to avoid infection. Dr. Elaine Josephson of the American College of Emergency Physicians, says, "If treating burns at home, it is essential that you follow up with a doctor when a burn wound is not healing."

In addition, some sunburns are associated with symptoms such as nausea, vomiting, fever and chills. If you experience any of these symptoms, you should seek medical attention.

Second-degree burns are red, pink or mottled. They are very painful and the skin is often blistered. Third-degree burns are white, brown, black or charred. They can feel painless or numb. Both types require immediate professional medical attention.

#### When serious burns occur:

1. Remove person from danger. Use drop and roll method to smother any flames. However, do not remove any clothing embedded in the burn.

2. If the person is not breathing, perform CPR if possible.

Continued on page 15

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## Ten tips to make the right call in an emergency

If you have young children, you already know how quickly emergencies can arise.

But do you know how to contact your emergency medical service (EMS)? Do your children know how to get help in an emergency?

Officials of the Make the Right Call campaign offer the following tips you need to know to access EMS properly:

1. Teach young children how and when to get help from EMS by calling 911 or the local emergency number. Make sure they know calling EMS is serious - not a game.

2. Teach children their address and phone number as soon as they are able. Keep it posted by all phones in case they are unsure.

3. Tell children to answer all of the emergency dispatcher's questions and stay on the phone until they are told to hang up.

4. Make sure everyone in the car is buckled up before the car starts moving.

5. Prevent injuries by teaching children to wear helmets when bike riding and to wear pads when skateboarding or in-line skating.

6. Make sure kids know the sound of the smoke detector and what to do

if it goes off. Plan escape routes in case of fire and designate a family meeting place outside the home. Teach your kids to stop, drop and roll if their clothing catches on fire.

7. Keep matches, lighters, household chemicals, guns, knives and other dangerous articles locked up or out of reach.

8. Provide supervision for young children at all times. Do not leave them alone even for short periods of time. Make sure babysitters know how to access EMS correctly.

9. Post your house number where it is easily visible from the street.

10. Arrange a field trip to the local fire or EMS department or ask an EMS professional to make a presentation to your child's class. EMS departments also will send speakers to parents' groups, churches and neighborhood groups.

The Make the Right Call campaign is sponsored by the National Highway Traffic Safety Administration, the U.S. Fire Administration, and the Maternal and Child Health Bureau to educate people about what EMS is and how to access the system, when and when not to call EMS, and what to do while help is on the way.

## Signs warn of diabetic foot disease

(NU) - An estimated 54,000 lower extremity amputations occur each year among people with diabetes. More than half could be prevented by good personal management of diet, hygiene, exercise habits and professional foot-care attention.

People with diabetes need to use a number of practices and precautions to remain healthy - and among them are regular visits to a podiatric physician for foot inspection at least once a year.

Warning signs of diabetic foot disease include:

- Redness or other discoloration of the skin.
- Change in the size or shape of the foot or ankle.
- Pain in the legs, either at rest or while walking.
- Open sores, with or without drainage, that are slow to heal
- Ingrown toenails.
- Corns or calluses with bleeding within the skin.
- Dry, cracking and open fissures in the skin.

Foot disease in the diabetic patient may include neuropathy, vascular disease and increased susceptibility to infection. Onychomycosis, a fungal infection of the nails, can also be associated with diabetes.

For information on proper foot care for people with diabetes or other foot-care questions, call the American Podiatric Medical Association at 1-800-FOOTCARE (1-800-366-8227).

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## Clearing up acne

**A**cne is usually thought of as a teen problem. But did you know that it can happen to people in their 20s, 30s, or 40s too? You probably did if you are one of the millions of Americans with adult acne. Most patients see significant improvement when acne is properly treated, so don't think you have to wait to outgrow it.

No one knows for sure what causes acne. We do know that increased levels of hormones known as androgens are associated with acne. We also know that the tendency to develop acne is inherited. Fortunately, there are effective treatments available.

Acne begins below the skin's surface with excess sebum, the oil that normally flows freely through ducts to the skin surface where it lubricates the skin. In acne-prone skin, these ducts become clogged with excessive skin cells and sebum so that bacteria can grow and cause inflammation.

Plugged ducts that remain just under the skin's surface are called whiteheads. Once exposed to air, clogged follicles darken to form blackheads. The dark color is not dirt. A pimple forms from a ruptured duct below the skin which spills sebum and bacteria into the surrounding tissue.

As common as acne is, many of us

feel as though other people notice every blemish, especially if pimples appear just before a special event like a date or a job interview. Some experts think that excitement and stress may aggravate acne.

Contrary to popular belief, greasy foods and sexual activity are not the culprits behind acne. Although proper diet and hygiene may contribute to healthier skin, it cannot cure the problem of acne.

Even in severe cases, proper care and medical treatment can control acne until it disappears. Your family doctor or a dermatologist (a doctor who specializes in skin) can determine which treatment may be best for you.

Your physician may prescribe a topical antibiotic that delivers its medication to the site of the acne. Alcohol-free gels, moisturizing lotions and handy medicine-laden "pledgets" you can toss in a purse or pocket help meet the needs of different skin types, ages, and lifestyles.

Remember: Acne is a common medical condition in teens and adults alike. Getting the correct information and an effective treatment from a physician may be the best way to clear up acne.

## Asthma treatments have come a long way from taping pennies on the forehead

(NU) - There are 12 million asthma sufferers in the United States, but they are not alone. Worldwide, there are millions more who suffer from the chronic respiratory disorder, which results in labored breathing and wheezing.

**Tristan da Cunha, a small southern Atlantic island, is the world's asthma capital, where one in three people suffers from asthma.**

Here are some fascinating facts about asthma:

- In the 1800s, asthma was sometimes treated by taping pennies to the forehead and rubbing tomato paste on the chest.

- Tristan da Cunha, a small southern Atlantic island, is the world's asthma capital, where one in three people suffers from asthma.

- Asthma that starts in infancy or childhood is more likely to be inherited than that which starts later in life.

- Asthma is more prevalent in the United States and western Europe than in other parts of the world.

- More asthma sufferers live in urban rather than rural areas.

- Native Americans, Canadian Eskimos, Asians, and people in Third World countries are less likely to have asthma.

- Women who use gas stoves may

be two-and-a-half times more likely than those with electric stoves to have asthma attacks, according to a recent study published in the medical journal *Lancet*.

- In England, anecdotal evidence has suggested that many asthma sufferers

experience attacks immediately after a low pressure thunderstorm.

- A study conducted on men in Oregon found that a 15-minute upper-body massage once a week helped control asthma symptoms.

- The first legitimate drug in asthma therapy, ephedrine, was introduced in 1925. A half-century later, Bengt Samuelsson won the Nobel Prize for identifying leukotrienes, the natural chemicals in the body that contribute to asthma attacks.

- Recently, the first leukotriene receptor antagonist (LTRA), a new class of asthma drugs, is now available by prescription for the preventative treatment of asthma. It has been more than 20 years since a new type of asthma medication has been introduced in the United States. The new medication is the first LTRA to receive FDA clearance.

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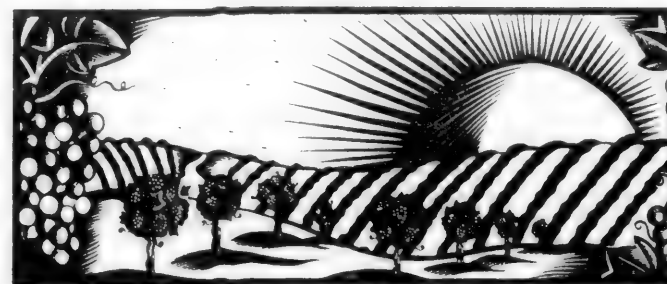
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## Advice for winter sports enthusiasts

(NU) - There's more to winter sports than lacing up skates, clamping on skis or flopping onto a sled to fly downhill. There's the prospect of sprains, strains or muscle tears if your muscles aren't in shape.

"World-class athletes know they have to prepare for the stresses of cold-weather competition," said Dr. Thomas LaFountain, a chiropractic orthopedist from New Hartford, N.Y., and counselor to Olympic champions.

"Nonprofessional athletes face the same challenges - and they're generally not in condition," said Dr. LaFountain. "So it's critical to stretch muscles before skating, skiing or sledging."

Dr. LaFountain's advice is based on his training as an expert in spinal health and six years as a member of the U.S. Speedskating Association's sports medicine staff. He worked with U.S. skaters - including gold medalist Bonnie Blair and world-record holder Dan Jansen - at the Olympics in Albertville, France, in 1992 and Lillehammer, Norway, in 1994.

Dr. LaFountain currently is helping athletes prepare for the 1998 Winter Olympics in Nagano, Japan.

### Stretching muscles

To help condition your body, at-home stretching exercises come first. Focus on lower back muscles, hamstrings and calf muscles.

Then, to take off the chill that settles in on the way to your rink, pond or hilltop, LaFountain suggests warming up just before you start a sport.

**Skiing** - do 10 to 15 squats. Stand with your legs a shoulders' width apart, knees aligned over your feet. Slowly lower your buttocks as you bend your knees over your feet. Stand up straight again.

**Skating** - do several lunges. Take a moderately advanced step with one foot. Let your back knee come down to the floor while keeping your shoulders in position over your hips. Repeat the process with your other foot.

**Sledding/tobogganing** - do knee-to-chest stretches to fight compression injuries caused by repetitive bouncing over the snow. Either sitting or lying on your back, pull your knees to your chest and hold for up to 30 seconds.

Don't forget cool-down stretching for all these sports, too. At the bottom of the sledding hill, for instance, before trudging back up, do some more knees-to-chest stretches, or repetitive squatting movements to restore flexibility.

If you feel pain as you're skating, skiing or sledding, stop. Apply ice to the area of pain for 15 to 30 minutes, remove for an hour, then reapply. If pain persists after 24 to 48 hours, seek professional help.

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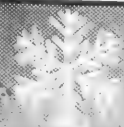
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## WINTER HEALTH

### What you should know about hypothermia, frostbite

(NAPS) - Two of the most dangerous conditions that can result from cold weather are hypothermia and frostbite. Here's what you should know to protect yourself this winter.

Hypothermia occurs when your internal body temperature drops lower than normal as a result of being in a cold environment - indoors or out. Babies, people in poor health and the elderly can easily become hypothermic.

Symptoms can range from constant shivering, urge to urinate, confusion and sleepiness to muscle stiffness, slurred speech and trouble seeing.

You can help a victim of hypothermia by taking the person to a dry, warm place and warming the person with blankets or your own body heat.

Frostbite occurs when the skin freezes as a result of low temperatures, wet clothes, or even forceful winds. Fingers, toes, earlobes, cheeks and nose have the greatest exposure to cold and are most likely to be affected.

Frostbite ranges from white or yellowish skin accompanied by an itching or burning sensation, to numbness and reddened or swollen skin. Severe frost

bite symptoms include blistering and hardened skin.

To help a frostbite victim, get the person to a warm, dry place and remove constrictive clothing. Raise affected areas and apply warm, moist compresses to these areas. Do not rub frostbitten areas or apply direct heat.

With hypothermia and frostbite, medical attention should be sought as soon as possible.

Dr. Elaine Josephson of the American College of Emergency Physicians wants you to stay warm in the colder months with these tips:

- Limit your exposure to cold and go indoors if there's any doubt you're too cold.

- Eat plenty of food and stay as active as possible.

- Be careful of things that restrict your circulation - smoking, tight clothing and fatigue. Ask your doctor if medication you're taking can affect your circulation, and limit your hot toddies! Alcohol also affects your circulation.

- Dress in multiple layers of clothing to trap warm air between layers.

- Wear a hat outside. It can prevent up to 20 percent of total body heat loss.

### Cold season: What goes around comes around (sniff, sniff)

When it comes to the common cold, what goes around comes around. As the weather gets colder people begin to spend more time indoors, increasing the chances of cold viruses spreading from one person to another. Because infections are easily transmitted by sneezing, coughing and personal contact, families must develop a game plan to avoid passing around each new virus.

Following are some precautions and relief tips developed by the American Lung Association and the makers of a

national brand of cold medicine:

#### Precautions to prevent a cold

- Wash your hands often with antibacterial liquid soap. Bacteria and viruses can linger on bar soap.

- Avoid shaking hands with someone who has a cold.

- Use paper cups in the bathroom and kitchen to eliminate sharing drinking glasses.

- Frequently clean/disinfect "high touch" surfaces like doorknobs and phones.

- Clean kitchen utensils and coun-

ters with warm, soapy water and let them air dry.

- Use disposable tissues. Handkerchiefs collect viruses.

- Ventilate rooms well.

- Eat properly and get plenty of sleep.

- Avoid smoking in your home. Smoke is a respiratory irritant that will increase your susceptibility to colds and flu.

- Avoid exposing infants to people with colds and crowded public areas, as they are more likely to experience

complications than older children and adults.

- Wash your children's toys often in warm, soapy water.

#### Suggestions to relieve cold symptoms

- Treat your illness symptom-by-symptom. Avoid use of unnecessary cold medication by reading the label of over-the-counter medicine to determine which ingredients they contain and what symptoms they treat.

- Take an over-the-counter antihista-

*Continued on page 20*

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## VISION

# Thinking about laser surgery? Know the facts

(NU) - Almost one year after the FDA's approval of a new laser surgery known as photo-refractive keratectomy (PRK) that is used to correct nearsightedness, eyeglass and contact lens wearers may be wondering if PRK is an option they should consider.

Before consumers become bedazzled with the notion of tossing their contact lenses and eye glasses away, they should weigh risks and benefits of the surgery with their eye care professional before seriously considering undergoing this new and delicate surgery.

Here are some commonly asked questions about PRK surgery and responses and advice by Dr. Ed Bennett, Director of the RGP Lens Institute:

• How does PRK surgery work? During PRK surgery, a concentrated beam of high-energy ultraviolet light is used to target corneal tissue and flatten the surface of the cornea, allowing light to focus properly on the retina.

• Am I an eligible candidate for PRK surgery? PRK surgery is used to correct minor or moderate nearsightedness, or myopia. With highly myopic patients, the rate of complications rises significantly due to the fact that the laser

must concentrate on the cornea at a higher level and for a longer period of time to correct vision.

Eligible patients must be at least 21 years of age and ideally over the age of 30. PRK surgery is not recommended for those people who have habitually large pupils, which excludes children. Pregnant women are advised not to undergo PRK surgery as doctors are not positive of the effects of laser treatment on an unborn fetus.

Because PRK surgery is elective and not considered a medically necessary procedure, it is usually not covered by health insurance.

• Will I ever need eye glasses or contact lenses again? Patients who undergo PRK surgery are not guaranteed spectacle-free vision. In fact, people should keep in mind that almost everyone once they reach the age of 40 years old needs to wear glasses for reading, including those patients that may have undergone PRK surgery.

According to a Federal Trade Commission consumer report, PRK surgery, like any surgical procedure is not 100 percent predictable, and may result in overcorrection, leaving a patient farsighted, or undercorrected, leaving the patient nearsighted. More

than likely the patient will need to wear some corrective lenses after having the surgery. Usually a patient cannot be sure of PRK's efficacy for up to a full year after surgery because it takes the cornea a substantial amount of time to stabilize.

• Is PRK surgery painful? Post-surgery, patients should anticipate discomfort ranging from moderate to painful. The patient remains awake during the surgery and a local anesthetic is administered. During the operation, which usually takes about 30 minutes, the patient must focus on a single light source while the surgeon uses the laser to alter the curve of the cornea. The patient is asked to remain relatively motionless for the duration of the procedure.

Following the surgery, patients may experience pain and discomfort due to the healing process. Antibiotics or ointments are used to encourage healing. Patients are often given steroid eye drops to reduce corneal scarring, one of the most common post-operative problems. Patients are examined 24 and 48 hours after PRK surgery and monthly visits are then required for the six months following surgery.

• Does PRK surgery have any side effects? Individual post-operative responses vary greatly among patients, however, some of the most common problems include: decreased visual acuity, visual glare, bright halos around objects and corneal hazing. This usually causes problems with night vision, especially with respect to night driving. All of these problems have been reported to last anywhere from six months to a year after PRK surgery.

• What are the long-term effects of PRK? PRK surgery is irreversible. PRK surgery is a relatively recent innovation and there is still some question as to its long-term safety and efficacy. Although the initial results of PRK surgery look promising, people who are currently enjoying excellent vision with their contact lenses and eye glasses may want to wait until more conclusive evidence is available before opting for this elective surgery.

The Federal Trade Commission, Bureau of Consumer Protection and the Office of Consumer & Business Education offers a brochure on PRK. Consumers can call (202) 326-3650 or access information on the Internet at [www.ftc.gov](http://www.ftc.gov).

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## Is it the flu or pneumonia?

(NAPS) - You've been out of commission for two weeks with a bad case of the flu, complete with fever and chills. But even with plenty of bed rest and chicken soup, your symptoms don't seem to be improving. Could you have pneumonia?

Knowing the difference can be crucial.

For some people, including the elderly and those weakened by other diseases, pneumonia can be life-threatening.

"People with colds or flu, which are caused by viruses, generally recover without treatment in a week or two," says Alan Tice, M.D., an infectious disease specialist in Tacoma, Wash., and clinical assistant professor at the University of Washington in Seattle. "But pneumonia is usually a bacterial infection, which needs to be treated promptly with antibiotics."

In some cases, pneumonia can be treated with oral antibiotics. But someone who is seriously ill may need intravenous (IV) antibiotics, which deliver a higher concentration of medication into the bloodstream.

Many people who start out with a

**The difference between flu and pneumonia symptoms can be subtle, and only a doctor can make the diagnosis.**

viral infection later develop pneumonia. Therefore, it's important to be on the lookout for symptoms that seem to hang on and worsen.

How do you tell the difference between an ordinary bout of flu and a case of pneumonia? The following are some of the hallmarks of each illness:

### Flu

- Stuffy/runny nose
- Sore, scratchy throat
- Dry cough
- Fever
- Joint/muscle aches
- On-and-off chills
- Headache

### Bacterial pneumonia

- Chest congestion/pain
- Moist cough with thick, dark or blood-tinged sputum
- High fever
- Persistent, intense chill
- Shortness of breath
- Confused state

"The difference between flu and pneumonia symptoms can be subtle, and only a doctor can make the diagnosis," Dr. Tice said. "If you think you have a virus, but feel the symptoms are getting worse, see your doctor."

## Cold season: What goes around comes around

*Continued from page 18*

mine/decongestant to reduce nasal congestion and clear up runny noses (children and people with chronic illnesses should check with their physician first).

- Take acetaminophen to reduce fever and relieve aches and pains.

- Drink plenty of liquids, especially fruit juices, clear soups and water.

- Hot spices and pepper increase secretions from your mucous membranes, and this can help relieve cold symptoms.

- Gargle with a teaspoon of salt dissolved in a glass of warm water. While it won't kill viruses or bacteria, it will take the edge off the pain due to post nasal drainage.

- Reduce your level of activity.

- Sleep revitalizes your body and plays an important role in getting rid of infection.

- Use a humidifier if a room feels arid to cut down on nose and throat irritation.

- Take hot showers to relieve nasal congestion.

- Use moisturizing cream to relieve skin around your nose that has been rubbed raw by blowing and wiping.

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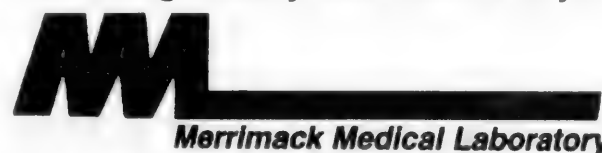
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## HEALTHY HEART

# Cholesterol: More than just a number

(NAPS) - How much do you know about cholesterol? Just knowing your total cholesterol may not be enough to keep your heart healthy. There are several different types of cholesterol. Measuring the levels of these types is important in determining your risk for heart disease.

### What is cholesterol?

Cholesterol is a soft, fat-like substance found in all your body's cells. It is an important part of a healthy body because it is used to form cell walls, certain hormones and other necessary tissues. However, too much cholesterol in the body can cause clogged arteries, which eventually can lead to heart disease and heart attacks. A total cholesterol level below 200 mg/dL is desirable.

Cholesterol is produced in your body, mostly in the liver, and is found in foods that come from animals, especially egg yolks, meat, fish, poultry, and dairy products. Foods that come from plants, such as fruits, vegetables, grains, and nuts, do not have cholesterol.

### The good, the bad, and the ugly

Your total cholesterol is made up of LDL ("bad" cholesterol), HDL ("good"

cholesterol) and triglycerides (a type of fat in your blood).

**LDL:** LDL has been shown to be the most important measure of risk for heart disease. When a person has too much LDL-cholesterol, it can slowly build up in the walls of the arteries that lead to the heart and the brain, and form plaque, a thick, hard deposit that clogs arteries.

This is called atherosclerosis, a major cause of heart attacks and strokes.

Your LDL should be less than 100 mg/dL if you have coronary heart disease (prior heart attack, bypass surgery, or balloon angioplasty). Desirable LDL cholesterol is less than 130 mg/dL for many people. Overall, the lower your LDL level, the lower your risk of heart attack. Dr. Thomas Pearson, Director of the Research

*Cholesterol is a soft, fat-like substance found in all your body's cells. It is an important part of a healthy body because it is used to form cell walls, certain hormones and other necessary tissues. However, too much cholesterol in the body can cause clogged arteries, which eventually can lead to heart disease and heart attacks.*

Institute at Mary Imogene Bassett Hospital, states: "I think the key to managing LDL is, number one, understanding how important this is in association with cardiovascular disease."

**HDL:** The opposite is true with HDL, or "good" cholesterol. High levels of HDL have been found to be beneficial, and experts recommend that

HDL should be 35 mg/dL or higher. Smoking, being overweight and not exercising can contribute to low HDL cholesterol levels.

**Triglycerides:** Triglycerides are another type of fat in your blood that can be dangerous in large quantities. While a high triglyceride level may not cause clogged arteries, it is often found with high total cholesterol, high LDL

levels and low HDL levels, and thus is thought to be important in heart disease. Experts recommend keeping triglyceride levels below 200 mg/dL.

### What you can do

Studies have shown that reducing LDL levels prevents heart disease and saves lives. The following steps may help you lower your cholesterol and may reduce your risk of heart disease:

- Get tested for high cholesterol (LDL, HDL, triglycerides)
- Eat a diet low in saturated fat and cholesterol
- Exercise regularly (upon your doctor's approval)
- Don't smoke
- If prescribed medication, take daily as directed

The science is in. Lowering LDL saves lives. Talk to your doctor about testing for your levels of LDL, HDL, and triglycerides to evaluate your heart disease risk. Once you know your numbers and your targets, work with your doctor to meet these goals.

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## SENIOR HEALTH

### Depression in seniors requires medical attention

**F**or most Americans, the "golden years" can be the most fulfilling time in life. But for some seniors, challenges associated with aging can bring about a serious medical illness - depression.

Ira Katz, MD, co-chair of the Geriatric Psychiatry Alliance's Initiative on Depression in Late Life says that depression is not a natural part of aging. "It is normal for people to feel sad or blue about certain life events," he said. "But when someone can't get un-sad, when someone is stuck in a depression, then it is an illness requiring medical attention."

Sadness is not the only sign or symptom of depression. In fact, in the older

adult, other symptoms such as weight loss and feeling "slowed down" may be more pronounced. It is important for people to recognize all of the symptoms of depression and report any that last two weeks or more to the doctor.

Common symptoms include:

- persistent sadness
- feeling slowed down
- excessive worries about finances and health problems
- frequent tearfulness
- feeling worthless and helpless
- weight changes
- pacing and fidgeting
- difficulty sleeping
- difficulty concentrating
- physical symptoms such as pain or

gastrointestinal problems.

Another sign of depression is when people withdraw from regular social activities or neglect their personal appearance. They may begin cooking and eating less.

Sometimes people ignore the signs of depression in later life because they seem like reasonable reactions to things such as a serious medical illness or the death of a loved one. "But even when it seems to make sense for a person to be depressed," said Dr. Katz, "it can still be a disease."

The consequences of untreated depression are severe. The disease causes disability, worsening of other

concurrent medical illnesses, and can lead to premature death or even suicide. According to the Centers for Disease Control and Prevention, the over-65 age group has the highest rate of suicides - more than 20 percent of the national total - although they make up only 13 percent of the population.

When diagnosed and treated properly, depression can be treated successfully in more than 80 percent of patients.

#### Free booklet

For a free booklet, *Depression in Late Life - Not a Natural Part of Aging*, call toll-free 1-888-INFO-GPA (1-888-463-6472).

### Nuclear medicine diagnosing hip and pelvis injury

(NAPS) - Diagnosing injury to the musculo-skeletal system can be tricky, and X-rays may not provide sufficient means to do so. Happily, advances in nuclear medicine detection systems appearing on the horizon offer optimism.

It's not uncommon for elderly patients to complain of hip and pelvis pain, for which X-rays cannot detect a

cause. Three-phase radionuclide bone (TPB) imaging, a type of nuclear-based medicine, is proving a practical clinical tool in the analysis of injuries to the hip and pelvis in the elderly, as well as in sports-related injuries. This device provides significant early diagnostics information about bone stress fractures.

In a recent study reported in the medical journal, *Radiology*, TPB imag-

ing was used because standard X-ray methods were unable to make a conclusive diagnosis in hip and pelvis pain cases. And the most important things discovered in the study were:

1. TPB imaging is a highly sensitive and reliable way to detect bone stress fractures in most cases where X-rays remain normal.
2. No significant differences between the types of fractures were

found when men were compared with women patients.

3. Characteristic TPB imaging patterns of stress fractures and shin splints are more easily and confidently identified.

Ask your doctor about TPB imaging if your bone pain has had no certain diagnosis and persists beyond two weeks.



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## Local laws allow drinking after 1 a.m. *What time is closing time?*

By Don Staruk

Until recently, a number of local bar and restaurant owners and managers were not sure when they had to clear drinks off tables and have people out of their establishments. They didn't know the rules. As it turns out, neither did police.

"I'd say it's news," Lt. Phillip Froburg, operations commander at the Andover Police Department, said upon hearing that town regulations allow patrons to drink until 1:30 a.m.

After looking over the regulations this week, Lt. Froburg said selectmen must not have known what they signed when they approved the regulations, and that maybe they will have to review the rules.

"I see problems with that. I think that they should revisit the issue and get the police chief's take on it," Lt. Froburg said.

The issue came up last month after selectmen reprimanded Back Street... Again restaurant for allegedly serving alcohol after

(Continued on page 29)

## Assisted-living article wobbling toward April Town Meeting

By Don Staruk

The zoning bylaw change that would allow assisted living housing for the elderly in some of Andover's residential areas is again headed for a vote at Town Meeting, but a stumbling block has once again rolled into its path.

The proposal lost by just 39 votes at Special Town Meeting last fall. Its defeat was blamed primarily on it being tied - in voters' minds - to a single development, a proposal by Marriott Corp. for land near the intersection of Haverhill and High streets. This time,

(Continued on page 28)

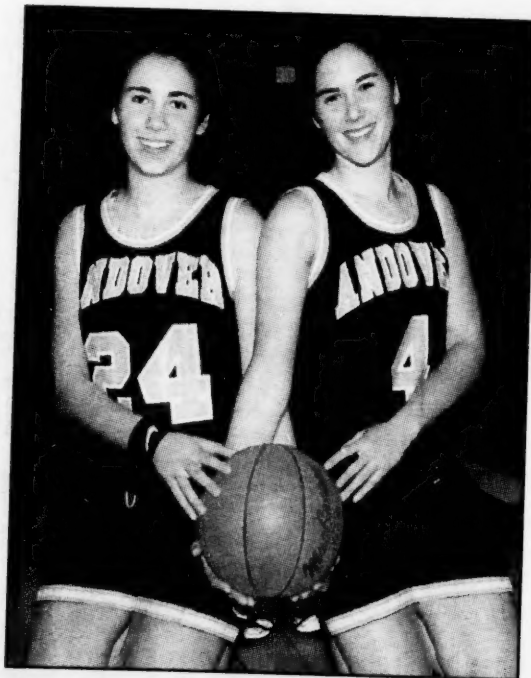


Photo by Lisa Adelsberger

### INSIDE:

The Muller twins, Sarah, #24, left, and Charlotte, #4, are winners on the Andover High basketball court. Charlotte just scored her 1,000th AHS career point. For more about Andover High girls basketball, see page 39.

### ALSO INSIDE THIS WEEK:

- Facelift for Abbot campus at Phillips: page 2
- One drops out of school board race: page 6
- Man assaulted on Main Street: page 7

## Rabbi and rector plan Israeli pilgrimage of understanding

By Neil Fater

A group of up to 30 Andover Christians and Jews will spend 12 days and 12 nights together on a religious pilgrimage to Israel next fall. But they won't be sharing an ark or wandering the desert, they'll be exploring the historic lands of Tel Aviv, Nazareth, Jerusalem and Galilee.

The organizers of the trip say they believe members of the group will also learn substantially more about both the Jewish and Christian faiths.

"It isn't simply a tour. It's much more a pilgrimage," said James Diamond, one of the trip's organizers. "The difference between tourists and pilgrims is tourists move through, pilgrims have a goal. They're moving toward something holy."

Rev. Diamond, Christ Church's rector, came up with the idea for the trip along with Robert Goldstein, Temple Emanuel's rabbi. They're calling their inter-faith journey "an historic 12-day exploration into the historic and sacred roots of our two noble faiths."

(Continued on page 4)



## Celebrating the Chinese New Year

Photo by Lisa Adelsberger

Brenda Li of Andover leans against the wall while her grandparents, Minyi Tang and Weimin Zheng, also of Andover, talked about the Chinese New Year during festivities last week at the Andover Senior Center. Senior citizens were treated to a traditional Chinese meal of boiled sweet dumplings and moon cakes, the latter eaten in honor of the good-hearted queen, whom they call Chang 'e - Goddess of the Moon.

Presidents Day Auto: section inside / Home delivery: 475-1943



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- ♥ Control Blood Glucose

**DRAWINGS OF HEALTHY LIFESTYLE GIFTS**

**For more information, call (508) 683-4000, extension 2021**



**Lawrence  
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*Celebrating National Heart Month*